



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1063

94th YEAR OF "SERVICE ABOVE SELF"
Web Site: <http://www.lexingtonvarotary.org>

March 02, 2016

Volume LXX, Number 30

President Derek presided. Guests: Our speaker was Tom Camden, Director of Special Collections at Washington & Lee University. Visiting Rotarians: None. Attendance: 22 members and 4 guests for a total of 26. Meeting held in the Special Collections Division of the Leyburn Library at Washington & Lee University.

Announcements and Business:

Remember to sign up for the District Conference at the Homestead Resort in Hot Springs, Virginia on March 18-20, 2016. The McMichael's have offered to host breakfast at their cabin for any day-trippers to the conference.

Program:

This was a Business Tour with a lecture by Tom Camden, the Director of Special Collections, at Washington & Lee University's Leyburn Library. Tom introduced his colleagues, Seth McCormick-Goodhart and Byron Faidley, who helped with the presentation. Tom is a W&L graduate and has been working as the Director of Special Collections for the past three years.

Tom shared a number of fabulous pieces. The first was a Sumerian tablet, dating to the 21st century BC! He then followed by showing several letters, including a letter from George Washington to Washington College in 1798 and another letter from Washington to his nephew in 1787. There were two letters from Lee, one from 1865, written to Washington College, that included the reasons the college should not consider him for its presidency. The other was a letter from Lee to the Board of Trustees, written in 1866, regarding the progress being made at the college.

Tom then showed several books including Ben Franklin's first edition piece on electricity, a book from George Washington's library at Mt. Vernon and the New Testament that belonged to Louis the XIII! He also shared a number of photo albums with early images of Lexington!

It was a wonderful presentation. Not only were the pieces exceptional, but Tom's stories were captivating!

Future Programs & Activities:

- Mar 09: RARO by John "Rocky" Trudgeon; RoD: George Piegari**
- Mar 16: Annual Partners Night and Awards Banquet**
- Mar 20: Service Project: Habitat for Humanity Chili Cook-off; time and location ; TBD; RoD: Mary Sayre**
- Mar 23: No Meeting (See March 20).**

END



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March 09, 2016

Volume LXX, Number 31

President Derek presided. Guests: Dot Fogo, Partner of Wally; Melou Piegari, Partner of George; and our speaker, John Trudgeon. Visiting Rotarians: None. Attendance: 30 members and 3 guests for a total of 33. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. President Derek thanked PE Skip for organizing last week's visit to the Special Collections Division of the W&L Library. Member response to the program was so positive that a return visit will be scheduled in the future.
2. Next week is Partner's/Awards Night, traditionally the time when we award Paul Harris and Skelton Fellowships for exceptional service to our club and/or the community. Lexington Golf and Country Club is the venue for the event. In honor of the occasion, the menu will be upgraded and wine will be served. Appropriate attire is jacket and tie for men and the equivalent for ladies. A good crowd is expected; contact President Derek ASAP if you haven't signed up already. **Members and Partners who have received PHF Awards in the past should wear their medals.**
3. Don't forget about the Annual District Conference at the Homestead Resort in Hot Springs, Virginia on March 18-20, 2016. Our club has traditionally paid the registration fee for members attending for the first time. Some members day-trip on Saturday – your editor encourages this because youth programs are emphasized on that day and are particularly inspirational. The McMichael's have offered to host breakfast at their cabin for any day-trippers this year.
4. Our next community project is the Habitat for Humanity Chili Cook-off at Spencer Home Center on Sunday, March 20th. Official time for the event is 1:00–5:00 pm, however, members are needed to transport tables and chairs at 10:30 am and set-up and clean up and return tables and chairs following the close of the event. Contact Mary Sayre to volunteer.
5. Don't miss the interview of John Germ, RI President-Elect, in the March issue of *the Rotarian* magazine.
6. Join President K. R. Ravindran and Rotary District 2080 as they welcome the world to the Jubilee of Rotarians, a special Mass to be celebrated by His Holiness Pope Francis. Rotarians, family, and friends can attend this once-in-a-lifetime event in St. Peter's Square in Vatican City, Rome, where Pope Francis will recognize Rotary for its humanitarian service worldwide. Register online by 15 March: www.rotary-jubilee2016.org.
7. Our Board of Directors met tonight immediately following our regular club meeting.

Rotary Minute:

President Derek pointed out that March is Literacy Month worldwide in Rotary. And March 7-13 is World Rotaract week.

Program:

RoD George Piegari introduced John "Rocky" Trudgeon who spoke to us about RARO, the Rockbridge Area Recreation Organization.

A native of Newton, NJ, Rocky attended William and Mary College where he was a successful wrestler. After graduation, he taught and coached wrestling in Williamsburg for nine years before coming to VMI.

Rocky was a successful wrestling coach at VMI for 28 years. He had three team conference championships and coached two All-American wrestlers. He was recognized five times as Coach of the Year in the Southern Conference; VMI recognized him with three Distinguished Coaching Awards.

Rocky has been the Executive Director of RARO since August 2014. Under his leadership, much development has been accomplished and much more is underway. He is here tonight to share his plans for the future.

He began by stating the mission of the organization: RARO aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every participant. A high-quality experience is one in which every participant:

- is coached using principles which promote the growth of self-esteem and skill development while stressing fair-play and good sportsmanship;
- has fun at practices and games;
- feels like an important part of the team regardless of performance;
- learns "life lessons" that have value beyond the playing field;
- learns the skills, tactics and strategies of the sport and improves as a player.

RARO was formed in the late 1980s. They have four full-time staff members and a multitude of part-timers who help with fields, gymnasiums, officiating, etc. Their office is in the basement of the Health Department building near Waddell School. Buena Vista joined the group this year so now all three local jurisdictions are involved. RARO has Fall, Winter, Spring, and Summer programs. Over 1200 athletes whose ages range from 5 to 13 participate in these programs. Their budget comes from the three governmental jurisdictions plus participation fees.

Rocky emphasizes that RARO's most important people are their volunteers, and they're always seeking more. They even have some W&L student volunteers recently.

RARO's major problems are facilities: lack of field and gym space. He showed a drawing and discussed plans to develop a practice complex on the site of the old Brewbaker football and softball fields. More than half the cost of development has been raised but a significant amount remains.

More information on RARO may be found at www.rarorec.org.

Happy Bucks:

- Mary Sayre was happy to welcome Dick back from his leave of absence for hip surgery.
- Dick Minnix was happy on two counts: said he wouldn't have believed it if told he would miss this group, but he did, and was happy to be back; and wanted to thank Allan, Derek, Jim, Charlotte, and others who picked up the ball on the Bulletin while he was away and did a great job.
- Chip Honsinger was happy to share information about a trip he and Mary are planning to South Africa (SA): about 20 Rotarians from all over the world will live among SA Rotarians, visit two clubs, participate in Rotary projects and sight see for almost three weeks, contact Chip if interested in joining the group; he also issued an Aloha as he and Mary and Linda and David Krantz leave shortly for a visit to Honolulu.
- George Piegari had a happy buck for Dick's new titanium hip.
- Kent McMichael had a story to tell: An old drover walked into a barbershop in ND for a shave and haircut. He told the barber he knew he couldn't get a close shave because of wrinkles on his cheeks due to age and sun. The barber walks over to a shelf and removes a small wooden ball and hands it to the drover. He told him to place the ball inside his cheek and press to make his cheek smooth. Afterwards, the drover told the barber: "That was the smoothest shave he'd had in years. But what would happen if I swallowed the ball?" The

barber replied: “No problem, just bring it back in a couple of days, that’s what everyone else does.” HAR! HAR!

- Linda Krantz gathered courage from that story and presented one of her own. But your editor had to draw the line here – you’ll have to consult Linda to hear this story.
- President Derek was happy to commend Rocky for his direction of RARO.

An Irish Joke:

It is only fitting that we publish an Irish joke in honor of Saint Patrick’s Day on March 17th:

Paddy had been drinking at his local pub all day and most of the night, celebrating St Patrick’s Day. Mick, the bartender says, ‘You’ll not be drinking anymore tonight, Paddy’. Paddy replies, ‘OK Mick, I’ll be on my way then’. Paddy spins around on his stool and steps off. He falls flat on his face.

‘Damn’ he says and pulls himself up by the stool and dusts himself off. He takes a step towards the door and falls flat on his face, ‘Oh bloody damn!’ He looks to the doorway and thinks to himself that if he can just get to the door and some fresh air he’ll be fine. He belly crawls to the door and shimmies up to the door frame. He sticks his head outside and takes a deep breath of fresh air, feels much better, and takes a step out onto the sidewalk, and falls flat on his face.

‘Bi’ Jesus... I’m in bloody trouble,’ he says. He can see his house just a few doors down, and crawls to the door, hauls himself up the door frame, opens the door and shimmies inside. He takes a look up the stairs and says ‘No bloody way....’ He crawls up the stairs to his bedroom door and says ‘I can make it to the bed’. He takes a step into the room and falls flat on his face. He says ‘damn it’ and falls into bed.

The next morning, his wife, Jess, comes into the room carrying a cup of coffee and says, ‘Get up Paddy. Did you have a bit to drink last night?’ Paddy says, ‘I did, Jess. I was bloody pissed. But how did you know?’

‘Mick phoned . . . You left your wheelchair at the pub.’

POT:

President Derek won the drawing but not the BIG pot that now stands at \$267.00.

Future Programs & Activities:

Mar 16: Annual Partners Night and Awards Banquet

**Mar 20: Service Project: Habitat for Humanity Chili Cook-off; 1:00–5:00 pm,
Spencer’s Home Center; RoD: Mary Sayre**

Mar 23: No Meeting (See March 20).

Mar 30: TBA

Apr 06: Olive Oils by Meg Hall; RoD: Jim Slack

Apr 09: Boxerwood Project

Apr 13: The Miller’s House Museum by Dick Halseth; RoD: Skip Ravenhorst

Apr 16: Spring Roadside Pick-Up

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March 16, 2016

Volume LXX, Number 32

President Derek presided. This was our Annual Awards and Partner's Night which was held at the Lexington Golf and Country Club and included nicely decorated tables and attractive Partners. A very nice buffet dinner featuring spinach salad, Chicken Kiev, mixed vegetables, rice, several varieties of homemade cookies, iced tea and coffee was served. Bottles of both red and white wines were placed on each table.

It was an impressive gathering. Most of the men wore coat and tie and the ladies were dressed similarly. Paul Harris Fellows recognized in earlier years wore their medallions and/or pins. And with all the Partners present, the views around the tables were vastly improved from the usual. Folks sitting at places with colored dots under their plates got to take home left-over wine and chocolate candy.

Guests: Berdie Evans, mother of Laura; award recipients Jaime Gooden and his friend Valerie Fallen, and William Sayre and his wife Malissa; and Partners Susan Barger, Dot Fogo, Alice Furgerson, Natalie Garvis, Melissa Gonsalves, Joshua Jones, Nancy Lowe, Jane McCoy, Sue Milo, Marian Minnix, Rita Ravenhorst, Barbara Risser, Margaret Sayre, Scott Sayre, Laura Stearns, Anne Tucker, and Mary Ellena Ward. Visiting Rotarians: none. Attendance: 29 club members and 22 guests for a total attendance of 51.

Announcements:

- Don't forget the Annual District Conference at the Omni Homestead Resort in Hot Springs this weekend, March 18-20.
- Our next service project is the Habitat for Humanity Chili Cook-off. It is scheduled this coming Sunday, March 20, from 1-5pm at Spencer's Home Center located on Route 11, north of Lexington, just beyond WalMart. RoD: Mary Sayre.
- **Note that we do not meet next week on Wednesday, March 23rd.**

Program:

Opening remarks by President Derek:

History of Rotary -- On February 23, 1905, Chicago lawyer Paul Harris met with three clients to promote friendship and fellowship amongst professionals, forming the first Rotary club. Seeking a purpose greater than themselves, these first Rotarians in 1907 saw a need in their community and worked to meet it by constructing the first public toilets in Chicago. This small first step made Rotary the world's first civic service club. When Paul Harris died at age 79, the organization he and three colleagues founded in 1905 had grown to more than 200,000 members in 75 nations. Rotary International today numbers some 1.2 million members worldwide, serving under the motto "Service above self." We gather this evening to celebrate Rotary by recognizing three of our own, and four Rockbridge County residents, who exemplify Paul Harris' vision.

History of the Rotary Foundation -- Rotary International established the Rotary Foundation as a not-for-profit corporation that supports its efforts to achieve world peace through international humanitarian, educational and cultural exchange programs while funding global Rotary campaigns such as the eradication of polio worldwide. The Foundation helps fund humanitarian activities ranging from local service projects to global initiatives; our club or district can apply for grants from the Foundation to invest in projects and provide scholarships. Rotarians and friends of Rotary just like us support the Foundation's work through voluntary contributions. The Foundation helps us to team with thousands of others to make a real difference in our community, our district, nationally and worldwide.

Named in honor of Rotary's founder, Paul Harris Fellowships (PHF) represent one of Rotary's most prestigious awards. Rotarians recognize with Paul Harris Fellowships those who donate \$1,000 to the Rotary Foundation, or by a sponsor who has done so in their name in recognition of the

extraordinary service they render to our community. This evening, the Lexington Rotary Club feels privileged to honor two of our own members and four Rockbridge County residents by presenting them with Paul Harris Fellowships.

President Derek appointed a committee to select tonight's awardees. Different club members presented the selected candidates along with comments on their backgrounds and reasons for their selection.

President Derek assisted by presenting each candidate a certificate, pin, and sincere congratulations.

Non-Rotarians Being Honored for Outstanding Community Service:

Jamie R. Goodin (Presenter: Mary Sayre) As the saying goes, "If you want to get something done, ask a busy person." It is my pleasure to introduce Paul Harris Fellow recipient, Jamie Ryan Goodin, a young man who has a heart for people and community. Jamie grew up in Amherst, Virginia and was active in wrestling and football throughout his high school years. He went on to attend Washington & Lee University where he graduated summa cum laude in 2010. He was a member of Sigma Phi Epsilon. Jamie is an amateur chef, cheese enthusiast, musician, and chess master. He enjoys riding his mountain bike, and hanging out with his dog, Desmond. Jamie currently serves as: Chairman on the Theater at Lime Kiln board, Vice President on the United Way of Rockbridge board, Member of the Jaycees and serves on their board, Chairman of Promotions on the Main Street Lexington board, and Alumni leader of Sigma Phi Epsilon. Not only does he serve on these boards, but he is an active volunteer on each one as well. Jamie works in the Office of Communication & Public Affairs as the Digital Media and Content Strategist for Washington & Lee University. Jamie's goal is to make Lexington an attractive location for aspiring entrepreneurs and young adults. The Lexington Rotary Club is proud to award a PHF to Jamie Goodin.

Nancy Lowe (Presenter: Bill Lowe) Nancy Lowe was born in Lafayette, Alabama and was raised in Auburn, Alabama. While at Auburn High School, she started dating her future husband, Billy. She attended Auburn University and after Billy graduated from the Air Force Academy they were married in August 1967. Nancy has been the ideal wife and mother, raising four wonderful daughters and supporting her husband's 28 year Air Force career. During that time she helped the family settle in eight different states and two other countries. She volunteered in each new community through her church and service organizations such as Girl Scouts, the Red Cross and Meals on Wheels and classroom volunteer. Since coming to Lexington in 1991 she has been an active member of Trinity United Methodist Church as well as a leader in Bible Study Fellowship and later Community Bible Study. She and her family have adopted several college students from VMI and W&L. Friendships are a vital part of her life. She enjoys traveling, especially visits to her family and seven grandchildren. Bill is delighted to award a PHF to Partner Nancy.

William J. Sayre (Presenter: Robert Sayre) Bill Sayre was graduated from Woodberry Forest School, then Duke University, and then UVa medical school where he ranked in the top of his class. He then took his residency at Duke Hospital. Bill rejected his father's advice that he specialize and in 2000 opened a primary care practice in Lexington. He said he wanted to have patients and in this he has been successful. He became the volunteer Medical Director at Hospice in 2003 and in 2013 was named its Hospice Hero. In 2004 he was appointed the county Medical Examiner. Bill is married to Malissa Gladwell and has three children and two step-children, all in school. His father, grandfather and great-grandfather were all Rotarians. It is my hope that in the future he will join us in Rotary. Robert and Margaret are delighted to award a PHF to son William.

R. Scott Sayre (Presenter: Mary Sayre) Robert Scott Sayre was born and raised in Waynesboro, Virginia and graduated with distinction from the Virginia Military Institute in 1980. He received his Master's Degree from Liberty University in 1993. He is married with two grown children. Scott served in the U.S. Army from 1981-1990. During his time in service, he: commanded the 529th Military Police Company in Heidelberg, Germany; served as a Leadership Subject Matter Expert at Ft. McClellan, Alabama; was Community Relations Officer at the U.S. Military Academy at West Point; and received

three Meritorious Service medals. Scott resigned his commission to devote his time to Sayre Enterprises, Inc. started in his garage in 1987 with one product, that he invented, The Boot Blouser. Over the past 29 years Scott has developed many more products and has several patents. His company employs over 100 persons in their Buena Vista factory and Rockbridge County offices. Over the years Scott has served on several boards in Rockbridge County, was a Boy Scout Leader, and is one of the founders of the Rockbridge County Public Schools Foundation. He recently started the Clean-up Rockbridge Coalition. Scott is an avid turkey hunter and enjoys a round of golf. Robert and Margaret Sayre are delighted to award a PHF to Scott Sayre, Robert's sixth cousin.

Rotarians Honored:

Henry E. (Skip) Ravenhorst (Presenter: Betty McMichael) Our next Paul Harris recipient is a native of Lexington, Virginia. He earned a B. A. Degree in Philosophy from Hampden-Sydney College in 1973. A licensed architect and a member of the American Institute of Architects, Skip is passionate about the preservation of historic structures in Rockbridge County and has worked on many such projects over the years. He is leading the effort to renovate Beechenbrook Chapel, a historic building in the Jordan's Point area. He has worked on memorials at VMI and the one in front of the old courthouse on Main Street in Lexington. He has been involved with the Historic Lexington Foundation for many years including serving as President and a member of the its Board of Directors. He has also contributed his time and talents to help a local assisted-living facility, Mountainview Terrace Apartments. He served as the President of their Board as well as an architectural advisor. He has served our community in various roles over the years including Den Leader for his son's Cub Scout group and long-time volunteer for the Road River Relay. In addition, he has added to the sound waves around Rockbridge County through his involvement with the Amateur Radio Club, serving as its Secretary for many years, as a DJ on WREL radio station, and as a member of a local band called Loose Gravel. Skip joined the Lexington Rotary Club in June 2003. He has helped with numerous Rotary projects and programs including the Rockbridge Community Festival, Christmas Baskets Program, and the Rotary Winter Bazaar, among others. He is the co-leader of the Rotary Roadside Cleanup which meets twice a year to clean trash and debris from a section of a Rockbridge County roadway. He currently serves as our club's President-Elect and a member of our Board of Directors. He has led the scheduling and coordination of our club's programming for the past year and has brought many fascinating and educational speakers to our club. He lives in Lexington with his wife Rita. The Lexington Rotary Club is proud to award a PHF to Skip Ravenhorst.

Charlotte W. Sibold (Presenter: John Tucker) Our next individual to be awarded a Paul Harris Fellowship tonight started helping others in the healthcare field in 1998. She has worked her entire career in the healthcare and healthcare administration field, first at Stonewall Jackson Hospital and then at Kendal at Lexington where she currently holds the position of Administrator for Health and Wellness for the Borden and Webster Centers. She also served as an intern in 2006 at what is now named the Rockbridge Area Health Center, and she was instrumental in helping this organization to receive a grant for the dental clinic to treat those from the "Medically Under-served Population" in our community. She earned a B. S. degree in Professional Communications in 2004 from Old Dominion University and she completed a M. S. degree in Community Health and Healthcare Management in 2006, also from Old Dominion University. She is licensed by the Board of Long Term Care Administrators as a licensed Nursing Home Administrator and a licensed Assisted Living Facility Preceptor. She has served on the Board of Directors of the Lexington/Rockbridge County Chamber of Commerce from 2007 to 2012, holding offices on the Board including Treasurer, Vice President, President, and Immediate Past President. She joined the Lexington Rotary Club in February 2007, and she has participated in a big way in many Rotary projects and programs including the Rockbridge Community Festival. She has also coordinated our club's Christmas Celebration in recent years, hosting it at Kendal's Sunnyside House which is a huge help to our club members who live at Kendal. She lives in Lexington with her husband Sam. The Lexington Rotary Club is proud to award a PHF to Charlotte W. Sibold.

Skelton/Jones Fellowship:

Skelton Fellowships were established to honor former RI President Bill Skelton of the Christiansburg-Blacksburg Club. A Fellowship enables either American students to study abroad or foreign students to come to our district for study. These scholarships serve the purpose of Rotary as stated by Bill Skelton himself: "People all over the world have the same desires for a better life, they were just born under different circumstances and need help, encouragement, and support. Let's help people by having scholars trained to help them break the cycle of hopelessness and poverty. You can't give anyone success, but you can help them better the lives of their families and their country through education." Reid Jones name was added to the Fellowship later because of his outstanding monetary support. Tonight we honor one of our members with a Skelton/Jones Fellowship.

Charles W. (Chuck) Barger III (Presenter Derek Carter) Our Skelton/Jones Fellowship recipient is a native of Rockbridge County. He attended local schools and graduated from Mercersburg Academy before attending Virginia Tech majoring in Economics. He has also earned an MBA from Duke University. He became Vice President of Charles W. Barger and Son in 1974 and has served as President of Charles W. Barger and Son since 1986. He has spent his career focused on transportation needs for those in our community. He has participated in numerous civic and professional non-profits, some of which are listed here: Past President of the following: Virginia Transportation Construction Alliance, Virginia Aggregates Association, Rockbridge Area Free Clinic, and the Lexington-Rockbridge Chamber of Commerce. He has also served as the Vice President of County Awareness (local business advocate group) and as a member of the Board of Directors of various organizations: Stonewall Jackson Hospital, Rockbridge County SPCA, Lime Kiln Arts, BB&T Bank, and Stonewall Jackson House. He is a member of the Virginia Tech College of Science Roundtable (presented graduation speech to Economics class of 2005). He has received numerous recognitions such as Chamber of Commerce Business Individual of the Year 2006 and Chamber of Commerce Citizen of the Year 2008. As if that is not enough, he chairs the Rockbridge Tourism Corridor Board. Chuck has been a member of the Lexington Rotary Club since December 1998 and has assisted with many Rotary projects and programs. A Past President of our club who has been recognized earlier with a PHF, he splits time between Lexington and Houston and lives with his wife, Dr. Susan Wittenberg. The Lexington Rotary Club is proud to award the Skelton/Jones Fellowship to Chuck Barger.

Future Programs & Activities:

Mar 18-20 Annual District Conference at the Homestead Resort

Mar 20: Service Project: Habitat for Humanity Chili Cook-off; 1:00–5:00 pm, Spencer's Home Center; RoD: Mary Sayre

Mar 23: No Meeting (See March 20).

Mar 30: "Muscles with Russell" (therapy dogs) by Sue Ellen Haver; RoD: Skip Ravenhorst.

Apr 06: Olive Oils by Meg Hall; RoD: Jim Slack

Apr 09: Boxerwood Project

Apr 13: The Miller's House Museum by Dick Halseth; RoD: Skip Ravenhorst

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Volume LXX, Number 33

President Derek presided. Visiting Rotarians: Elli Reese of the Austin South (TX) Club. Guests: Susan Barger, Partner of Chuck; and our speaker, Sue Ellen Haver and her technical assistant, Warren Patterson. Attendance: 28 club members, one visiting Rotarian, and 3 guests for a total of 32.

Announcements:

1. President Derek complimented our Awards Banquet on March 16 and our recognition of 6 Paul Harris Fellows and one Skelton/Jones Fellow.
2. Michelle (MJ) Jones gave a quick review of the recent District Conference at The Omni Homestead Resort in Hot Springs. Members of our club who attended included MJ, PE Skip Ravenhorst, Mary Sayre, and Robert Sayre and his Partner Margaret. MJ felt our club deserved recognition for service projects but had failed to apply. For next year, she challenged our club to: become 100% Sustainers, and submit applications for our service projects to be recognized.
3. Mary Sayre presented President Derek an award our Club received at the recent District Conference for support of the Polio NOW Program.
4. Mary Sayre made a plea for volunteers for the Rockbridge Community Festival (RCF). "The 2016 edition of the RCF will be here before we know it and we must start planning. Our club is to provide the Festival Vice Chair who will become the Chair in 2017. This is the only slot we need to fill. Please take some time to consider this position as I would like to have it filled no later than Monday, April 4th." The following positions have been filled by our club: Space Assignment Vice Chair – Mary Sayre (with Lisa Rodocker of the Jaycees); Marketing Chair – Denny Garvis; and Entertainment Chair – Joe Pagnam. Call Mary today and volunteer!
5. Mary Sayre also reported on the Habitat for Humanity Chili Cook-off held at Spenser's Home Center on Sunday, March 20th. "Joanne Peretti was grateful for our club help – their volunteers were pretty thin so it was wonderful to have our help." Their gross sales were \$7900 and net was \$6400. They estimated that they had 125 attendees with 8 restaurants and caterers represented. The winner of both the Judges' Award and Peoples' Choice Award was the Mountain Café in Buena Vista. Eric Spencer has agreed to the use of Spencer's Home Center again next year for the venue. 17 club members (too many to list) helped out with the project – GREAT TURNOUT, WELL DONE, WAY TO GO!!!!!!!
6. Bill Lowe was presented a special Rotary pin for sponsoring a new members. President Derek urged us all to qualify.
7. If no one objects, President Derek will assign responsibility of the Minute for Rotary alphabetically to members.

Minute for Rotary:

PP Betty McMichael called our attention to an article on p48 in the April 2016 issue of *the Rotarian* magazine. In "Hiding Out," Rotarian Carl Sanders harbored a secret shame until his Rotary club helped him out. Despite his illiteracy, Carl Sanders started a painting and decorating business in Kenosha, WI. He said his company succeeded because he hired people to do the things he couldn't. He joined Rotary on the invitation of a friend and was later terrified when invited to become his club's sergeant-at-arms. When he admitted he had been hiding a secret for a long time (couldn't read), and didn't know what to do, his friend said, "I do." And directed him to the literacy council. To complete the story, he learned to read, earned his GED, served his club as sergeant-at-arms and later as president.

Program:

RoD Skip Ravenhorst introduced Sue Ellen Haver who presented a program on therapy dogs. Ms. Haver is a Speech/Audiologist. She holds a BS degree from SUNY at Genesco and is a Certified Wellness Coach. She was assisted by Warren Patterson, Lead Support Specialist, who holds a BS degree from ECPI Institute.

“Muscles with Russell, Inc.” is located in Goshen, VA. Their mission is to use therapy dogs to motivate children and their families to make a life style change that will improve behavior and develop good eating habits for their life going forward. Ms. Haver was assisted by Russell, a 4 year-old Staffordshire Terrier who has an AKC Canine Good Citizen’s Certification and Therapy Dog International Certification. Unlike service dogs, therapy dogs may be petted.

“Their main focus is to promote a healthy lifestyle. Russell shares his abilities with children and his audiences and captivates them in a way that only a dog can do. Children go home and say, “I want to do what Russell can do.” Russell shows children how to make the right choices. Animals often can touch the heart of the ones who are hard to reach.

“Studies have shown that interaction with dogs can: promote love and caring; promote relaxation; lower blood pressure; relieve agitation, anxiety, and stress; improve communication between humans; and teach respect and responsibility.”

Ms. Haver concluded her program by putting Russell through his paces as she does for her audiences: Russell remaining stationary until ordered to move, jumping over a rod, going up and down steps, and running through a tunnel. Everyone was impressed with Russell’s talent and behavior.

Happy Bucks:

- Jim McCoy was so happy he donated six bucks in honor of his first grandson, born on March 1st, six weeks early, now weighing 6 pounds 4 ounces and doing great, and due out of the hospital next week.
- Skip Ravenhorst had a happy buck but couldn’t remember why – must have been a GREAT conference.
- Linda Krantz was happy to recommend accompanying the Honsingers on vacation – Chip planned the whole itinerary to Honolulu, all she and David had to do was tag along and enjoy.
- Mary Sayre was happy to thank all the wonderful people who came out to help with the Chili Cook-off Project last weekend.
- Charlotte Sibold was happy on two counts: she recently hosted her nephew’s first birthday party (WHEW!); and celebrated her Dad’s first anniversary of his successful liver transplant.
- Kent McMichael was happy (?) to caution folks who benefit from our volunteer efforts not to bite the hand that feeds them – some of our folks, who had no prior instruction or information, were roundly criticised for their efforts at the Cook-off that did not meet the expectations of some of our hosts.
- John Tucker was happy to praise his granddaughter, Cameron Varano, a graduate student at VTCRI, for her selection as a recipient of a prestigious student award from the Microscopy Society of America at whose meeting she will deliver an oral platform presentation on her work on “Quantitative Analysis of Viral Nanomachines in Liquid.” Over 300 student presentations competed nationally with only a handful receiving the award; she was also selected for an oral platform presentation at the meeting of the American Society of Virology. (Apparently, a chip off the grandfather block.)
- Scott Risser was happy to rub in the fact that VMI beat VA Tech’s baseball team here in Lexington last week.
- Robert Sayre was happy that his oldest grandson was recently accepted into UVA.

Birthdays and Anniversaries in April:

Happy Birthday to: Sue Milo on the 2nd, Dot Fogo and Ed Jeffries on the 3rd, Robert Sayre on the 5th, Julie Goyette on the 6th, Susan Barger on the 14th, Rae Carpenter on the 15th, Nick Cuzzimano on the 16th, Max Ivankov and John Tucker on the 19th, and Chip Honsinger on the 27th. (Didn't realize August was such a productive month.)

Happy Anniversary to: Nancy and Nick Cuzzimano on the 6th, Donna and Joe Pagnam on the 7th, and Anne and Jerry Plante on the 24th.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE:

- Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
- However, these victims can help themselves by coughing repeatedly and very vigorously.
- A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.
- A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.
- Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.
- In this way, heart attack victims can get help or to a hospital.
- Tell as many other people as possible about this. It could save their lives!

(Thanks to Nick Cuzzimano.)

Pot:

Mary Sayre won the raffle but not the BIG pot that now totals \$289.

Future Programs & Activities:

Apr 06: Olive Oils by Meg Hall; RoD: Jim Slack

Apr 09: Boxerwood Project

Apr 13: The Miller's House Museum by Dick Halseth; RoD: Skip Ravenhorst

Apr 16: Spring Roadside Pick-Up

Apr 20: TBA

Apr 27: TBA

END



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1063

94th YEAR OF "SERVICE ABOVE SELF"
Web Site: <http://www.lexingtonvarotary.org>

April 06, 2016

Volume LXX, Number 34

President Derek presided. Visiting Rotarians: none. Guests: Monica Butler, an employee of HDT in Ontario, Canada, was the guest of Betty McMichael; and our speaker, Meg Hall. Attendance: 23 club members, and 2 guests for a total of 25.

Announcements and Business:

1. President Derek announced that Kent McMichael has volunteered to serve as Vice Chair of the 2016 edition of the Rockbridge Community Festival (RCF). He will automatically become Chair of the 2017 RCF. So the following positions have been filled by our club: Vice Chair – Kent McMichael; Space Assignment Vice Chair – Mary Sayre (with Lisa Rodocker of the Jaycees); Marketing Chair – Denny Garvis; and Entertainment Chair – Joe Pagnam. A very capable group. Thanks, guys and gals, for stepping up to the plate.
2. President Derek presented Bill Stearns a special Rotary pin, recognizing the recruitment of a new member. Other members are urged to qualify.
3. Contact President Derek if you are interested in a Rotary pin with this year's theme "Be a Gift to the World" on it.
4. MJ Jones reminded us that we could become a Sustainer of the Rotary Foundation by asking Treasurer John to add \$8.33 (\$10 is easier) to our monthly bill. She is urging our club to become 100% Sustainers.
5. Because of scheduling complications, our Bowerwood Service Project has been postponed from April 9 to May 21. More details as the date approaches.
6. PP Betty and PE Skip remind us that the next Roadside Clean-up will occur on April 16th, beginning at 9:00 am. A sign-up sheet for volunteers will be circulated at our April 13th meeting.
7. The next monthly meeting of our Club's Board of Directors will occur immediately following our regular meeting next week, April 13th.

Minute for Rotary:

Some time ago, Joe Pagnam visited the Rotary Club in St. George's, Bermuda. Naively, he thought guests ate free until presented a bill for \$75 for two lunches. Further shock ensued when he learned the rate for one night's lodging in the hotel cost \$700. But, not to worry, one of the Rotarians kindly showed him to the location of an ATM.

Program:

RoD Jim Slack introduced our speaker, Meg Hall. Meg has lived in Lexington since 2005. Prior to coming to Lexington, she worked in the French Quarter in New Orleans.

Cheese is a major part of her life. She is a member of the American Cheese Society and has completed the Master's Cheese Class at the Artisanal Cheese Center in New York City. She has run her own restaurant and designed restaurant cheese programs.

Her shop, Cheese to You, used to be located up next to Kenney's fast food restaurant, then moved across from the Bistro Restaurant on Main Street, and now is on the street level of the Robert E, Lee Hotel.

She has studied gourmet food for more than twenty years and olive oil for the past three. Tonight she will tell us about the good and the bad of store-bought olive oil.

"Olive oil is fresh fruit juice. It is an ancient and invaluable product. Extra virgin olive oil meets certain parameters for quality based on chemical analysis and expert tasting. Seventy percent of the products labeled extra virgin olive oil are fraudulent.

"The fraudulent oils can be poor quality olive oil, cheap nut seed oils, or a blend of both. The fraud is incredibly lucrative. It is estimated that there is as much profit in olive oil fraud as in cocaine distribution.

"The "Olive Oil Gospel"-- olives must be: hand harvested when still green; immediately transported to the mill after harvesting; sorted to select only the best olives for processing; production process is traced from harvest to bottling to delivery; olive processing occurs below 77 degrees F; olive oils of different origins are never pressed together, which would result in sub-standard oil; and acidity level does not exceed 0.3%.

"There are great health and flavor benefits to genuine extra virgin olive oil. It is worth seeking out the real thing. Ask if the oils have been third party tested for authenticity. Ask what the polyphenol count is (this will determine smoke point and varies greatly oil to oil). Ask what the crush date was. Your oil is best within 14 months of crush date. Know your purveyor."

Ms. Hall may be reached at: (540) 319-8107; <http://www.cheesetoyou.com/>; or mycheesetoyou@yahoo.com.

Happy Bucks:

- Skip Ravenhorst was happy to complement our speaker and her knowledge of olive oils.
- Derek Carter didn't realize his photo was in the latest issue of the News-Gazette but coughed up a buck anyway.
- Betty McMichael was happy to finally meet and welcome Monica Butler, an employee of HDT in Ontario, Canada, with whom she has conversed over the phone many times in the past but never had the pleasure of meeting her personally before; she is here for training.
- Joe Milo was happy to point out that the Timber Framers Guild will offer a large timber frame as part of an auction by Project Horizon next November; Joe was also impressed by the diversity and loyalty of the group who returns for their workshops.
- Skip Ravenhorst was happy to acknowledge the consultation of timber framer Grigg Mullen on the renovation of the Beechenbrook Chapel in East Lexington he and his brother have undertaken.

Pot:

Betty McMichael won the raffle but not the BIG pot that now totals \$304.50.

About Those Church Hymns:

A minister decided to do something a little different one Sunday morning. He said "Today, in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind."

The pastor shouted out "CROSS." Immediately the congregation started singing in unison, "THE OLD RUGGED CROSS."

The pastor hollered out "GRACE." The congregation began to sing "AMAZING GRACE, how sweet the sound."

The pastor said "POWER." The congregation sang "THERE IS POWER IN THE BLOOD."

The Pastor said "SEX." The congregation fell into total silence. Everyone was in shock. They all nervously began to look around at each other, afraid to say anything. Then all of a sudden, way from in the back of the church, a little old 87-year-old grandmother stood up and began to sing "PRECIOUS MEMORIES."

Gotta Love Little Old Ladies. Laugh... it burns calories.

Future Programs & Activities:

- Apr 13:** The Miller's House Museum by Dick Halseth; RoD: Skip Ravenhorst
- Apr 16:** Spring Roadside Pick-Up
- Apr 20:** TBA
- Apr 27:** TBA
- May 21:** Boxerwood Project

END



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April 13, 2016

Volume LXX, Number 35

President Derek presided. Guests: Mary Halseth, introduced by our Speaker Dick Halseth. Visiting Rotarians: Dick Halseth of the Lexington Sunrise Rotary Club. Attendance: 27 members and 2 guests for a total of 29. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. At the last Board meeting of our club, held April 13th, the Directors had an extensive discussion concerning our club's potential sponsorship of the new "Rotary Club of Lexington Lunch." The Board voted to approve the request for sponsorship. Just as our club sponsored the Lexington Sunrise Rotary Club many years ago, we look forward to sponsoring the new Rotary Club in the effort to grow Rotary in our community. Now that the Board has made the decision towards sponsoring the new Lexington Rotary club, we must bring this request to the full membership of the club at a Club Assembly on either April 20 or April 27 (6:00pm meeting). The Board has expressed a preference for moving ahead sooner, rather than later, so we would like to tentatively schedule our Club Assembly on Wednesday, April 20 at 6:00pm at the Lexington Golf and Country Club. Potentially Lori Sadler, Marc Hudson, and Jim Hall will each be available to speak at our Club Assembly on April 20. Other District representatives will also participate and make a short presentation and be available to answer questions.
2. Reminder to volunteer for roadside cleanup on Saturday, April 16. Skip Ravenhorst and Betty McMichael will lead their teams at the two Rotary-designated roadways. Signup sheets were placed on each table.
3. The Rockbridge Community Festival will be held on the last Saturday in August, that is August 27. A big "Thank You" goes to those who have volunteered for leadership positions with this year's RCF: Kent McMichael – Vice Chair; Joe Pagnam – Entertainment Chair; Denny Garvis – Marketing Chair; and Mary Sayre – Space Assignments Vice-Chair. Please mark your calendar for August 27 and plan to volunteer at the Rockbridge Community Festival!
4. Reminder about the service project at Boxerwood on Saturday, May 21.

Minute for Rotary:

Chip Honsinger presented the Rotary Minute. Chip presented two flags from Rotary Clubs that he visited in Hawaii during his trip with his wife, Mary, and the Krantz. Chip told us about the Hawaiian "Five Way Test" which added the line, "Fifth, is it fun?!"

Program:

Skip Ravenhorst introduced our speaker Dick Halseth. Dick is a graduate of Michigan State University. He worked in sales and marketing for the Ford Motor Company for 35 years. He then was Vice President at New Media, a French magazine publishing company, for 3 years.

He moved to Lexington in 1997 and since then has served and still does serve on the board as president or as a member for many societies, foundations and clubs in the local community.

Dick is a frequent speaker on. and the author of, local Civil War history. He is published in Civil War magazines and Civil War encyclopedias. He was a 2007 recipient of Volunteer of the Year award from the Chamber of Commerce. He is a recipient of the Daughters of the American Revolution's Medal of Honor for his community service.

Dick spoke about the recent work to renovate the Miller House at Jordan's Point Park. It is being transformed into a museum illustrating the development of transportation and industry at Jordan's Point. Dick has spent a great deal of time working on the development of the Miller House. His talk was very interesting and illustrated by many slides with pictures from the past and of the exhibits to be shown in the Miller House. He has personally built some of the models that will be displayed when the house is

open to the public. The grand opening of the house is planned for Saturday May 21st. If you are at all interested in local history, this is an occasion not to be missed.

Happy Bucks:

- Julia was first off with a thank you dollar for Derek. They were talking at the table last week how good it was to get reminder emails from him each week.
- Linda gave four dollars as she wanted everyone to know how much it meant to her to tag along with Chip and Mary in Hawaii as they were so organized all she had to do was enjoy. She had a fifth dollar as she appreciates the announcements about people's birthdays, etc.
- Chip visited three Rotary clubs while on vacation in Hawaii; one of them had a joke from Linda's mother. Chip went on to tell the joke about Adam and Eve discovering sex and it concluded with Adam asking the Lord what exactly is a headache.
- Joe's dollar was for Skip's project at Beechenbrook Chapel; he is very happy that Skip is not his dentist as Skip has a gaping hole in one side with the roof propped up on poles.
- Mary gave a dollar as the Senate and the House passed a bill and the Governor signed off on it. The bill will be in effect after July 1, allowing beer and wine sales at events in the Stonebridge Center.
- Skip came back to Joe's comment with a dollar as he was quite surprised about Joe's concern about the gaping holes when actually Joe comes from West Virginia.
- Linda gave another dollar to comment that these guys are just having too much fun.
- To add to the fun, Skip's next dollar was for Linda Krantz: while he was at PETS last weekend for Rotary training he got a voice mail from her saying she was ready for roadside cleanup and where was everybody. And he gave a final dollar for meeting two different gentleman, among the many people at PETS, who knew his sister who lives in Vermont. The very long tale emphasized just what a small world this really is.
- Rae gave \$10 as he wanted to thank our fine speaker this evening for a very good program, but reminded Dick that he left out the fact that there was a red light district at Jordan's Point.
- George gave \$5 to go one step lower. He thought that the Lord gave Adam the little blue pill and Adam came out after visiting Eve and said what do I do for the next 3 hours and 56 minutes?
- Derek gave his first dollar to announce he was super happy about starting his new job and second one for the board's patience with his relentless emails and lots of fun reading recently.

Pot:

Joe Milo won raffle, drawn by Mary Halseth, but not the BIG pot that now stands at \$329.00.

More Bashing of the Law Profession:

A father told his 3 sons when he sent them to the university: "I feel it's my duty to provide you with the best possible education, and you do not owe me anything for that. However, I want you to appreciate it. As a token, please each put \$1,000 into my coffin when I die."

And so it happened. His sons became a doctor, a lawyer, and a financial planner, each very successful financially. When their father's time had come and they saw their father in the coffin, they remembered his wish.

First, it was the doctor who put 10 \$100 bills onto the chest of the deceased. Then, came the financial planner, who also put \$1,000 there. Finally, it was the heartbroken lawyer's turn. He dipped into his pocket, took out his checkbook, wrote a check for \$3,000, put it into his father's coffin, and took the \$2,000 cash.

He later went on to become a member of Congress...

Future Programs & Activities:

- Apr 20: Club Assembly: Discuss Potential Sponsorship of Rotary Club of Lexington Lunch**
- Apr 27: TBA**
- May04: TBA**
- May 21: Boxerwood Project**

END



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April 20, 2016

Volume LXX, Number 36

President Derek presided. Guests: None. Visiting Rotarians: DG Alex Wilkins and wife Janet, both of the Stuart Rotary Club; AG Marc Hudson of the Lexington Sunrise Club; Jim Hall, District Chair of Club Extension, from the Nelson County Club; Andy Wolfe, President of the Buena Vista Club; Lori Sadler, President-Elect of the Lexington Lunch Club; and John Diffey, guest of Rae Carpenter, and a member of the Westchester (PA) Sunrise Club. Attendance: 30 members and 7 Visiting Rotarians for a total of 37. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. President Derek thanked all who participated in the Roadside Clean-up on April 16. A complete report will be included in next week's Bulletin.
2. **We will not meet at LGCC next week. Instead, we will gather at the Cocoa Mill Chocolate Factory at 6:00 pm located at 123 West Nelson Street for a tour of that facility.**
3. Andy Wolfe, President of the Buena Vista Rotary Club, brought one of their projects to our attention. His club is requesting that we completely decorate and furnish a room in the Appalachian Homeless Mission that they have undertaken to establish in a home in Buena Vista. President Andy will send additional information about the project to our President Derek.
4. Dick Minnix announced that the Tucker Brown Newhall Band will be in concert at Boxerwood at 7:00 pm on Friday, May 13. This local group presented a concert of folk/country music at Kendal last evening and it was excellent. The May 13th concert will be out-of-doors so you are encouraged to bring chairs or blankets to sit on and picnic food and drink. Picnic tables are on site. There is no charge but a hat will probably be passed for the band.
5. Other projects in the area that need our help: Lime Kiln Clean-up, and Concerts in Glen Maury Park, sponsored by the Buena Vista Rotary Club. Consult your newspaper for times and spend a few hours helping these folks.

Minute for Rotary: "Why I Am Thankful To Be a Rotarian" by Frank Devlyn

- I am thankful for the many good works of The Rotary Foundation that each and every day changes lives around the world.
- I am thankful for and proud of Rotary's extraordinary effort to eradicate polio worldwide and know that we will soon see the end to this crippling disease.
- I am thankful for the countless water projects that are being completed. Water is the source of life and bringing clean water to every corner of the globe will do more to eradicate hunger, disease, and death than anything else.
- I am thankful that in spite of the world economic crisis, Rotarians continue to support The Rotary Foundation and its programs with their time, their talent, and their treasure.
- I am thankful that we understand the importance of bringing literacy to every child in order that they may not just survive but thrive and have a real chance at a life worth living.
- I am thankful for the many Rotarians who respond at a moments notice to help those who have been impacted by disasters. They are on the front lines and their actions save countless lives.
- I am thankful for our Ambassadorial Scholars and Peace Scholars who are helping to change the world and bring about peace. Their contributions to humanity and the peace building process are immeasurable.
- I am thankful for the countless young professionals who participate in our Group Study Exchange program and help build relationships between countries of different cultures. They, too, are peace builders.

- I'm thankful for the tens of thousands of Rotary volunteers who work tirelessly on projects to make this a better world for everyone. They, too, are peace builders.
 - There is much more I am thankful for, but most of all I am thankful for the fellowship and many friendships that I have made because of Rotary.
 - Added by George (and brought to our attention by Chip): I am thankful for all the fun we have.
- (Read to our assembled group by George Piegari.)

Program:

A Club Assembly was held. The purpose of the meeting was to discuss the sponsorship request from the new Lexington Rotary Lunch Club and vote on the proposal at the conclusion of our meeting. Our Board of Directors had already approved the request but the Rotary Manual of Procedure requires a vote on the matter by the full membership of the club.

DG Alex was invited to begin the discussion. He embraced establishment of the new club, pointing out that the district had not added a new club in the past three years.

Lori Sadler, a member and Past-President of the Sunrise Club, spoke next. She has been the prime mover in organizing the Lunch Club. They have 16 prospects signed up and 6 more in the pipeline (RI requires at least 20 to establish a new club). The group has been meeting in the basement of the BB&T Bank on Nelson Street from 12:05 to 12:50 pm weekly on Wednesdays. Lori has been designated President-Elect. In an effort to minimize member cost, the club will brown bag their lunches.

It was noted that establishing the Sunrise club resulted in more Rotarians in the area. And both speakers emphasized that more Rotarians ought to lead to more service to the community.

A lengthy question and answer period followed. In response to a question, Lori remarked that she withdrew the request for the Sunrise Club to sponsor her new club when it became obvious to her that it wouldn't pass.

A formal motion for the Lexington Rotary Club to sponsor the Lunch Club was passed by a vote of 31 yeas (including 2 proxies) and 1 nay. It was pointed out that passage was not a necessity to establish the new club but only indicated our willingness to mentor and assist the new club.

Happy Bucks:

- MJ Jones thanked Denny Garvis for his involvement in Lexington Lacrosse Day last Saturday; and apologized to President Derek for calling him in a panic to learn where she belonged.
- Skip Ravenhorst was happy that none of the mandatory fines applied to him.
- John Diffey was grateful to Rae for supplying him a Rotary lapel pin; and to the resident Board and Staff of Kendal at Lexington for upholding the values of the Kendal Corporation; and for the farewell concert by the Garth Newel Piano Quartet today.
- Rae Carpenter wished John Tucker a Happy Birthday and recognized his service as Treasurer for more than a quarter of a century.
- Mary Sayre was pleased to acknowledge the kindness of a motorist who drove by the group cleaning the roadside and gave them a thumbs up; to Derek for outstanding preparation of members for this meeting, keeping all in the loop; and congratulations to Lori and the new Lunch Club.
- Jim Hall donated in honor of our club; it gave him "a happy and fuzzy feeling" to know we have true Rotarians here.
- Jim Slack was happy to recognize Lori for making it possible for folks to be Rotarians who can't attend breakfast or dinner meetings.
- Dick Minnix noted that John Diffey was making a "farewell tour" of Kendal sites before fading into the sunset as CEO; instead of presenting him a plaque or trophy, Kendal at Lexington arranged for the Garth Newel Piano Quartet to play a brief concert here in his honor; Dick was interested to note that the violinist in the group had a Rotary Fellowship for study in the UK under a renowned teacher.
- Joe Milo had expressed concern for Beechenbrook Chapel last week because it had a hole in the roof; he urged us to go by and look at it this week to see the three missing sides; although sorry to lose Max to the new club, he congratulated him on staying associated with Rotary; and he commended Derek for the email message summarizing the various aspects of our club assembly tonight.
- Derek Carter was happy to recognize and thank all our visitors tonight.

- Scott Risser offered congratulations to Lori on the new club; and remarked that he was surprised to learn that 7:00 am was early for a Marine.
- Alex Wilkins was happy to be here on his third visit; and said he was on pins and needles while the Garth Newel Piano Quartet played at the District Conference because the pianist caused two of the three supports for the piano pedals to collapse due to her dynamic performance.

Pot:

President Derek won the raffle but not the BIG pot that now totals \$360.50.

Thoughts By Ducky:

- I saw a woman wearing a sweatshirt with Guess on it. So I said Implants? She hit me.
- How come we choose from just two people to run for president and over fifty for Miss America?
- Now that food has replaced sex in my life, I can't even get into my own pants.
- I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't have signed up in the first place!
- When I was young we used to go skinny dipping. Now I just chunky dunk.
- Don't argue with an idiot; people watching may not be able to tell the difference.
- Wouldn't it be nice if whenever we messed up our life we could simply press Ctrl Alt Delete and start all over? AMEN!
- Would'nt you know it... Brain cells come and brain cells go, But FAT cells live forever.
- Bumper sticker of the year: If you can read this, thank a teacher and since its in English, thank a soldier.
- And remember: Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

Future Programs & Activities:

Apr 27: Business Tour of The Cocoa Mill Factory; RoD Skip Ravenhorst
May 04: TBA
May 11: TBA
May 18: Gravitational Wave Observatory by Tom Williams; RoD Skip Ravenhorst
May 21: Boxerwood Project; 3:00–5:00 PM; RoD Mary Sayre
May 25: Memorial Day Cemetery Flags; RoD Kent McMichael
Jun 01: TBA
Jun 08: Club Picnic; RoD Derek Carter

END



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April 27, 2016

Volume LXX, Number 37

President Derek presided. Attendance: 26 members and 8 Partners for a total of 34. Visiting Rotarians: None. Meeting held at the Cocoa Mill Chocolate Company located at 123 West Nelson Street in Lexington. Following the tour, nine members and Partners assembled at Niko's Grill for an optional dinner.

Announcements and Business:

1. Andy Wolfe, President of the Buena Vista Rotary Club, brought one of their projects to our attention last week. His club is requesting that we completely decorate and furnish a room in the Appalachian Homeless Mission that they have undertaken to establish in a home in Buena Vista. President Andy will send additional information about the project to our President Derek.
2. Don't forget the Tucker Brown Newhall Band will be in concert at Boxerwood at 7:00 pm on Friday, May 13. This local group presented a concert of folk/country music at Kendal last week and it was excellent. The May 13th concert will be out-of-doors so you are encouraged to bring chairs or blankets to sit on and picnic food and drink. Picnic tables are on site. There is no charge but a hat will probably be passed for the band.
3. Other projects in the area that need our help: Lime Kiln Clean-up on Saturday, May 21; RARA food unloading/handling on Saturday, May 14; and Concerts in Glen Maury Park, sponsored by the Buena Vista Rotary Club. The latter requires lots of labor so the BV Club is badly in need of help. Contact President Andy Wolfe and lend a hand.
4. No raffle or Happy Bucks on this occasion since we met off site.

Program:

For our off-site meeting, Jim McCoy arranged for us to have an after-hours tour of the operation of the Cocoa Mill Chocolate Company, an artisan chocolate producer, located at 123 West Nelson Street in Lexington.

"Cocoa Mill Chocolate Company owners, Laura de Maria and Jan Hathorn purchased the business from its original owner in July, 2006. Both women grew up being part of family-owned businesses, Laura's family had factories that made men's slacks and Jan grew up on a large dairy farm that remains a working family farm today. Mike Mayo was hired as the chocolatier, first working as an apprentice chocolate maker, then attending school for certification as a professional candy maker. Mike is the over-seer of daily kitchen operations and is the creative genius behind our award-winning chocolates.

"As business grew, Sarah Mayo, Mike's wife (and Laura's daughter) was brought on as Retail Manager. Her position has now changed to include management of their wholesale division and webmaster.

"They are a typical, small, family business. Each member of the company can be found answering phones, taking orders, packaging candy boxes, making bank deposits, and/or stirring caramel. They love their company, enjoy working together, and are looking forward to a sweet future for Cocoa Mill.

"Cocoa Mill Chocolate Company began making premium chocolate confections in 1993. Today, Cocoa Mill revels in its national recognition as a creator of exquisite chocolates. The Wall Street Journal chose Cocoa Mill's edible chocolate Valentine Truffle heart box as "best overall" above the likes of Godiva, Sees, Harry and David, and others. Additionally, Cocoa Mill Chocolate Company has received accolades from Bon Appetit, Chocolatier, U.S. Air Magazine, CBS Morning News, Paula Deene, and the Washington Post."

Immediately inside the front door is the sales room where products are displayed, Behind this is the packaging and shipping room. Laura reviewed the activities in these rooms. They make 60-75 different confections, but not all at the same time – they are seasonal. They can sell more than they make but are limited by the size of their facility – they badly need a much larger location. Their shipping rates are high

because of low volume of sales. Shelf life for solid chocolate is 6-8 months; for any confection containing cream, it is 6-8 weeks. Confections approaching expiration dates are packaged in “grab bags” at a much reduced price and are displayed in the sales room.

Confectioner Mike then showed us around the kitchen, located in the basement. Chocolate is designed to melt at room temperature so production requires meeting stringent conditions (although they have no air conditioning). For example, most of their confections are dipped in chocolate which requires a vat of melted chocolate held at controlled, constant temperature. At only 700 square feet, the kitchen severely limits their production – it is amazing what they turn out in such limited quarters. There is space for only Mike and one other employee in addition to the equipment.

Everything is made from “scratch.” No door in the facility is large enough to pass a pallet, so most ingredients must be purchased at retail prices, contributing to the high chocolate prices.

Laura says they have looked to expand for some time but either haven’t found another suitable location or a lender willing to finance new construction.

Thanks to Jim for arranging a very interesting tour. Those who didn’t attend missed the free samples (both light and dark) distributed by Laura.

Birthdays and Anniversaries in May:

Happy Birthday to: Stephen McElroy on the 14th; Kent McMichael on the 17th; Rita Ravenhorst on the 20th; and Stewart Fleming on the 28th.

Happy Anniversary to: Michelle and Joshua Jones on the 6th; and Natalie and Denny Garvis on the 21st.

Just Think:

If Trump wins the election, it’ll be the first time in history that a billionaire moved into public housing vacated by a black family.

Only a Farm Kid Would See It This Way:

When you're from the farm, your perception is a little bit different. A farmer drove to a neighbor's farmhouse and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" said the farmer. "No, they went to town." "How about your brother, Howard? Is he here?" "No, he went with Mom and Dad." The farmer stood there for a few minutes, shifting from one foot to the other, mumbling to himself, when the young boy says, "I know where all the tools are, if you want to borrow one, or I can give Dad a message." "Well," said the farmer uncomfortably. "No, I really want to talk to your Dad, about your brother Howard getting my daughter Suzy pregnant." The boy thought for a moment, then says, "You'll have to talk to my Dad about that. I know he charges \$500 for the bulls and \$150 for the pigs, but I have no idea how much he charges for Howard."

Future Programs & Activities:

May 04: Hospice Program for Veterans by MJ Jones; RoD MJ

May 11: TBA

May 18: Gravitational Wave Observatory by Tom Williams; RoD Skip Ravenhorst

May 21: Boxerwood Project; 3:00–5:00 PM; RoD Mary Sayre

May 25: Memorial Day Cemetery Flags; RoD Kent McMichael

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May 04, 2016

Volume LXX, Number 38

President Derek presided. Guests: Angela and David Hoffman were guests of Michelle Jones. Visiting Rotarians: None. Attendance: 25 members and 2 guests for a total of 27. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Stock Fleming, father of our own Stewart and former member of this club, passed away recently. PE Skip passed a sympathy card around for members to sign and convey their support. It will be mailed to Stewart.
2. Don't forget the Tucker Brown Newhall Band will be in concert at Boxerwood at 7:00 pm on Friday, May 13. This local group presented a concert of folk/country music at Kendal last week and it was excellent. The May 13th concert will be out-of-doors so you are encouraged to bring chairs or blankets to sit on and picnic food and drink. Picnic tables are on site. There is no charge but a hat will probably be passed for the band.
3. Other projects in the area that need our help: Lime Kiln Clean-up on Saturday, May 21; RARA food unloading/handling on Saturday, May 14; and Concerts in Glen Maury Park throughout the summer, sponsored by the Buena Vista Rotary Club. The latter requires lots of labor so the BV Club is badly in need of help. Contact President Andy Wolfe and lend a hand.
4. It was earlier announced that Megan Hough, a soon-to-be graduate of the US Naval Academy, had been selected for a Skelton Scholarship by District 7570. Since then, she has received a Gates scholarship from the Bill and Melinda Gates Foundation. Much more lucrative, it covers tuition and fees, travel, subsistence, and even allowances to attend meetings. She tells us that "the Naval Academy is partial to larger international scholarships." She asked if she could be a Rotary Scholar without accepting funds, but was told that wouldn't be possible. She said, "I am sincerely sorry, because I very dearly wanted to be a part of the Rotary mission. I believe strongly in service and will continue that throughout my life." Thanks to Jim Slack for keeping us in touch with Megan.
5. Our Board of Directors will hold their regular monthly meeting in the next two weeks, depending on the schedules of President Derek and P-E Skip.

Minute for Rotary:

MJ Jones called our attention to two articles in the May issue of *the Rotarian* magazine: "What's Next For Rotary (p38) and "What Millennials Love About Rotary" (p44). Among other things, the former says, "The United States is at a moment in its history when young and old don't look alike, vote alike, or use technology alike. These gaps have the potential to put stress on everything from workplaces to pocketbooks to politics to our nation's sense of social cohesion. And they've been especially difficult on traditional organizations like Rotary, which struggle to recruit a generation of young adults for whom civic engagement and social networking happen more easily on a smartphone than at a weekly meeting."

The latter refers to a group of Americans that the U.S. Census Bureau defines as born between 1982 and 2000, which puts their overall numbers around 83.1 million, larger than any other age group, including baby boomers. Millennials are individuals, fiercely independent. But they also feel compelled to make a difference in their communities. The Case Foundation's 2015 Millennial Impact Research Report found that 84% surveyed had made a charitable donation the previous year and that 70% had spent at least an hour volunteering. What does this mean for Rotary?

You are urged to read these two articles and consider their impact on Rotary.

Program:

Our own MJ Jones, Marketing and Development Director of Rockbridge Area Hospice (RAH), presented the program on “Rockbridge Area Hospice: We Honor Veterans Program” (WHV).

The National Hospice and Palliative Care Organization, in collaboration with the Department of Veteran Affairs, created **We Honor Veterans (WHV)** to empower hospice and other non-Hospice community partners across America to meet the **unique needs** of seriously ill veterans and their families.

WHV partners address both **physical** and **emotional** needs, including the psychological toll of war and how it impacts the end-of-life journey. The program teaches respectful inquiry, compassionate listening, and grateful acknowledgement.

Within the WHV program, there are four levels of distinction that partners can earn based on their involvement with veteran education, training, community outreach and interaction with the veterans and family members for which they are caring.

Currently, there are over 2400 hospice partners enrolled in the program. RAH became the 89th hospice to achieve level IV of the WHV program, the highest level and, at the time of recognition, was only the 5th out of all participating Virginia hospices to have done so. RAH achieved the status in less than two years.

Many community hospice providers, like RAH, have implemented an innovative model for serving veterans at the end of life – the Veteran-to-Veteran Program (V2V).

The program aims to pair veteran volunteers with hospice patients who have been identified as veterans. Once paired, veteran volunteers have the **unique ability to relate and connect** with each patient thereby **creating an environment where life review and healing may occur**.

Volunteers are essential to the delivery of quality hospice care. Veterans are a part of a distinct culture with their own common language and experience. When veterans interact, their common language and experience can form a strong relational bond, The camaraderie created between veterans has proven to be supportive for all involved.

180 area veterans have been cared for by RAH since 2011.

MJ then introduced David Hoffman, retired Air Force Colonel with 26 years of service. He and wife Angela retired to the Mt. Vista area about 13 years ago. Both volunteer with Hospice.

David related a very moving story that occurred with a French national he encountered when he and Angela visited the cemetery near Omaha Beach where American casualties of WWII are buried.

Part of the **V2V** program is to present each veteran with a special Hospice pin to recognize their service. Their usual reaction is, “But I didn’t do anything special,” however all seem to appreciate the recognition. MJ and David concluded their presentation by “pinning” all veterans present: Nick Cuzzimano, John Furgerson, Chip Honsinger, Joe Milo, Scott Risser, Robert Sayre, and John Tucker. Each pinnig ended with a salute from Colonel Hoffman.

Happy Bucks:

- Chip Honsinger was happy to speak for the veterans present: it is a pleasure to find MJ, with no apparent military connection, so enthusiastic about honoring veterans; also, hats off to Collette Barry-Rec who honors active duty service men with “goodie” boxes; and lastly, to David, a veteran himself, who is keeping the connection alive.
- Charlotte Sibold was happy to commend Hospice who woks closely with the retirement community but also because they served her uncle at the end of his life; and she was happy to report that the Borden Center had received the highest rating by Nursing Home Compare.
- MJ Jones was happy to donate \$5: first, in recognition of her 10th anniversary of marriage; in recognition of the support of Angela and David for the RODEO at LGCC to raise funds for Hospice; and payment for a fine that she doesn’t remember.
- John Tucker was happy to point out that Rotary actually started the Great Smokey National Park where he earlier attended a conference and met his future wife.
- Skip Ravenhorst was happy to contribute a dollar for his picture appearing in the paper; another to appease his wife whose photo with Skip and his Mom was not selected for publication; and for finally recognizing his arm miseries were due to BERNIE-citis.

- Mary Sayre was happy to contribute \$8 in honor of the 8 veterans in our gathering and was pleased to note that retired or resigned military always serve, one way or another, the community in which they live.
- Angela Hoffman, our guest, was happy to note that she had followed David around the world for 53 years and, moreover, their son had completed 26 years in the USAF.

It Pays To Know German:

Everyone knows the Amish are "Non-violent" people! However, an Amish Farmer walking through his field notices a man drinking from his dam with his hand.

The Amish Farmer shouts: "Trinken Sie nicht das Wasser, die Kuehe und die Schweine haben hineingeschissen!" ("Don't drink the water, the cows and pigs crapped in it!")

The man shouts back: "I'm a Muslim, I don't understand your gibberish. Speak English, you Infidel ass hole!"

The Amish Farmer shouts back in English: "Use two hands, you'll get more!"
(Thanks to Scott Risser.)

Pot:

Chip Honsinger won the raffle AGAIN but not the BIG pot that has now reached \$363.00.

Future Programs & Activities:

- May 11: Member Profiles: Garvis and Williams; RoD Skip Ravenhorst**
- May 18: Gravitational Wave Observatory by Tom Williams; RoD Skip Ravenhorst**
- May 21: Boxerwood Project; 3:00–5:00 PM; RoD Mary Sayre**
- May 25: Memorial Day Cemetery Flags; RoD Kent McMichael**
- May 27: Placement of Flags in Two Cemeteries, start at 4:00 pm**
- May 31: Collect Flags in Two Cemeteries, start at 4:00 pm**
- Jun 01: TBA**
- Jun 08: Joint Meeting with Lexington Lunch Rotary Club; LGCC, 6:00 pm**
- Jun 15: Court Appointed Special Advocates (CASA) for Children**
- Jun 22: Annual Club Picnic; Jordans Point Park, 6:00 pm**
- Jun 29: Installation of Rotary Officers for 2016-17**

END



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1063

94th YEAR OF "SERVICE ABOVE SELF"
Web Site: <http://www.lexingtonvarotary.org>

May 11, 2016

Volume LXX, Number 39

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

Announcements and Business:

1. Other projects in the area that need our help: Lime Kiln Clean-up on Saturday, May 21; RARA food unloading/handling on Saturday, May 14; and Concerts in Glen Maury Park throughout the summer, sponsored by the Buena Vista Rotary Club. The latter requires lots of labor so the BV Club is badly in need of help. Contact President Andy Wolfe and lend a hand.
2. Our Board of Directors will hold their monthly meeting after our regular meeting next week. All are welcome to attend.
3. There have been some changes in the schedule. Please review carefully the new schedule at the end of this document.

Minute for Rotary:

Betty McMichael encountered an elderly lady sitting in the waiting room while in Staunton having work done on her automobile. They struck up a conversation and Betty discovered she was a resident of Kendal at Lexington. In due course, the lady told Betty the following story: "Out of the blue, a precocious young boy asked his Mother, "Mom, how do lions make love?" His Mother answered, "I don't know, Son. Your Father has always been a Rotarian!" (Thanks to Betty, I guess.)

Program:

Our program was member profiles from two of our newest members.

Denny Garvis (inducted 11/04/15): Dr. Denny Garvis was born in Sioux City, Iowa, in 1958. He graduated from the University of Iowa College of Business in 1982 and the University of Iowa College of Law in 1985. He lived and practiced law in Kansas City, Missouri, from 1986 to 1993. He lived and attended graduate school in Atlanta, Georgia from 1993 to 1998 while earning a Ph.D. in Management at Georgia State University. In the Fall of 1998 he began teaching in the Williams School of Commerce, Economics, and Politics at Washington and Lee, where he teaches courses in Management and Applied Statistics. Married to Natalie Garvis, they have three children -- Haley, a teacher in DC, Mike, a junior at Elon University, and Sydney, a sophomore at Oberlin College.

Joe Williams (inducted 10/07/15): Joe went to Thomas Jefferson High School in Richmond, VA, and then to Virginia Tech earning a BS in Physics with honors in 1966. He received a National Defense Education Act Fellowship for graduate work at Rensselaer Polytechnic Institute in Troy, NY and received a Ph.D. in Physics in 1973. While a graduate student he participated in many amateur music activities -- old time, folk, bluegrass, Irish -- and on occasion accompanied Don McLean, Pete Seeger and the Greenbriar Boys. He was an original member of Fennig's All-Star String Band. After marrying Lynn, he worked as an Assistant Professor of Physics at Hollins College for two years. Joe and Lynn then moved back to upstate New York for Joe's postdoc. Leaving the academic world Joe and Lynn moved from New Jersey to Connecticut to Virginia for a series of Joe's scientific research jobs in solar energy in New Jersey, fiber optics in Simsbury, Connecticut and Roanoke, VA (ITT) and networks and communication in Northern Virginia (IBM and MITRE). While at ITT he was recruited into the Buchanan, VA Rotary Club by Dick Litton and served as president one year. For the 19 years prior to retirement in 2014 Joe worked for the National Security Engineering Center, a not-for-profit Federally Funded Research and Development Center administered by MITRE. At MITRE he was a principal network and distributed systems engineer supporting DoD and intelligence organization sponsors. While working on international technical standards Joe got lots of overseas travel -- Lynn went along if the place was interesting. Dr. Williams is a co-inventor on three patents and has over 20 professional publications. In

2006 Joe and Lynn started work on their current home on Falling Spring Road. Lynn designed the horse barn with overhead apartment and the house which met requirements for Virginia's Livable Home Tax Credit program. They moved to Rockbridge full time in Spring 2015 and were pleased to find Rotarians Nick Cuzzimano and Steve Beck as neighbors. Lynn cares for three horses and two cats and is a worship leader at St. John's Episcopal church in Glasgow. Joe works to finish the property and on hobbies in electronic, computer and mechanical shops.

Happy Bucks:

1. Jim McCoy was happy to report that, although his new grandson arrived 6 weeks early, he now weighs 10 pounds and is thriving; GrandDad's chest was more prominent than usual.
2. Bill Lowe was happy to report that, although he gave the last exam at VMI this morning, all exams have been graded and grades submitted so he is footloose and fancy free,
3. Scott Risser was happy on multiple counts: for his two cadets, Salena Chiep (VMI 2016; International Relations) who will commission in USMC, all 85 pounds of her, and Connor Loken (VMI 2017 but graduating in 3 years, Applied Mathematics) who has been accepted into a doctoral program at Colorado State University; he commended W&L as not only an excellent academic school but, according to recent news, one of the best sports schools in the state; and noted that VMI's Applied Mathematics program has been designated as 8th best in the nation.
4. Julie Goyette said it was fun to learn more about fellow members.
5. Skip Ravenhorst was happy with our profilers and noted to PN Joe Pagnam that such programs could pull him out of the hole next year as he struggled to fill the calendar with interesting and exciting topics; he also commended Denny and Joe for a fantastic job, noting that they were probably too truthful even though he informed them the Four Way Test was suspended for profiles; he donated for a smart aleck remark made earlier but couldn't remember; was happy to report that Jordans Point Park, including our Rotary Pavilion, was probably going to be designated a Historic District (with no real restrictions on the Pavilion); and, finally, BERNIE-bursitis was about gone.
6. Linda Krantz announced that another of the famed Krantz Music Parties would be held at her abode on Friday, May 20, from 6:00 - 12:00 pm; various local musicians sign up to make 5-, 10-, or 20-minute presentations to the delight of the audience; all are welcome to attend, no reservations are necessary; there is no admission charge although voluntary donations are welcome.

Pot:

John Furgerson won the raffle but not the BIG pot that has now reached \$397.50.

Future Programs & Activities:

- May 18: Gravitational Wave Observatory by Tom Williams; RoD Skip Ravenhorst**
- May 21: Boxerwood Project; 3:00–5:00 PM; RoD Mary Sayre**
- May 25: Memorial Day Cemetery Flags; RoD Kent McMichael**
- May 27: Placement of Flags in Two Cemeteries, start at 4:00 pm**
- May 31: Collect Flags in Two Cemeteries, start at 4:00 pm**
- Jun 01: NO MEETING; Previous Projects Take Place of Meeting**
- Jun 08: Charter Night: Joint Meeting with Lexington Lunch Rotary Club; Location TBD**
- Jun 15: Court Appointed Special Advocates (CASA) for Children**
- Jun 22: Annual Club Picnic; Jordans Point Park, 6:00 pm**
- Jun 29: Installation of Club Officers for 2016-17**

END



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

May 18, 2016

Volume LXX, Number 40

President Derek presided. Guests: Tom Williams, our speaker. Visiting Rotarians: None. Attendance: 26 members and 1 guest for a total of 27. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Other projects in the area that need our help: Lime Kiln Clean-up on Saturday, May 21; and Concerts in Glen Maury Park throughout the summer, sponsored by the Buena Vista Rotary Club. The latter requires lots of labor so the BV Club is badly in need of help. Contact President Andy Wolfe and lend a hand.
2. Our Board of Directors held their monthly meeting after our regular meeting tonight. All are welcome to attend.
3. Charter Night for the new Lexington Lunch Rotary Club will be held outdoors at 6:00 pm on Wednesday, June 8, in McKethan Park located on the Old Buena Vista Road. Dinner, including wine, beer, and sodas will be \$20.00 per person. Children under 12 are free.
4. There have been other changes in the schedule. Please review carefully the new schedule at the end of this document.

Minute for Rotary:

President Derek spoke on the mottoes of Rotary: The first motto of Rotary International, "He Profits Most Who Serves Best," was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910 that included the remark, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted - "Service, Not Self." These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit - "He Profits Most Who Serves Best" and "Service Above Self." The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.

Program:

RoD Skip introduced our speaker, H. Thomas Williams, emeritus professor of physics at Washington and Lee University.

Born in Hampton, VA, Tom earned his B.S. and Ph.D. in Physics at UVA. He held research appointments at the National Bureau of Standards (now NIST, National Institute for Standards and Technology) and University of Erlangen/Nuremberg in West Germany. Following service on the visiting faculty at VMI (1970-71), he joined the research staff at Kaman Sciences in Colorado Springs from 1970-1973. He returned to Lexington in 1973 and joined the faculty at W&L where he served until his retirement in 2011. His research has been focused on theoretical nuclear and particle physics. During his time at W&L he had stints as Acting Dean and Provost.

A former member of this club, Tom is currently president of the board of Meals for Shut-Ins, Inc.

The following is taken from the Commentary article that appeared in the What's On Your Mind column of the March 13, 2016 issue of The Roanoke Times.

"Whenever I see an NFL quarterback throw a pass to a receiver running with his back to the quarterback but who makes his cut at precisely the right place and time for the pass to be completed, I marvel at the planning and precision of such a play.

"That is the image — a perfectly executed forward pass — that came to mind as I watched a live-stream status report from the Laser Interferometer Gravitational Wave Observatory (LIGO).

“If you are not aware of the news from LIGO, you should be. Although this report might have been lost among other major media events and breaking news, it is far more consequential than the presidential debates, the Grammy Awards, or even one presidential candidate’s dustup with the Pope.

“In fact, that report is the most significant scientific news of my half-century-plus career as a scientist — by far. And there have been many stunning breakthroughs during this period: practical advances such as lasers and superconductors, revealing new views of our solar system, and the 2013 discovery of the Higgs boson, explaining the notion of mass of fundamental particles.

“The LIGO announcement featured three compelling narrative threads: confirmation of Albert Einstein’s century-old theory, the remarkable achievement represented by the wave detectors themselves, and the staggering cosmic coincidence that delivered a significant piece of data to those detectors just as they were turned on.

“First, Einstein: In 1915, he developed a generalized version of his iconic special theory of relativity. It explained the behavior of accelerating objects and its intimate relationship to gravitation. With the general theory, Einstein provided an answer without a question, exercising his deep intuition to develop arcane notions such as black holes and gravitational waves well in advance of any experimental evidence for their existence.

“The intrinsic weakness of the gravitational force suggested that for gravitational waves to be detectable, they would have to originate in events involving huge masses experiencing extreme accelerations. The merger of two black holes, each about the mass of 30 suns, resulting from a violent gravity-driven collision would seem to be just what was needed. A century following Einstein’s insights, we have now used gravitational waves to detect for the first time a binary black hole system — one that met its cataclysmic demise 1.3 billion years ago.

“Beyond the discovery itself, the LIGO detection mechanism itself is a modern wonder. It consists of two identical instruments called laser interferometers — one in Hanford, Washington, the other over 1800 miles away in Livingston, Louisiana. In each device, a laser beam is split and its pieces are sent down and reflected back along two perpendicular arms, each of which is four kilometers long. The light beams, recombined, are capable of detecting miniscule differences in the length of the arms. To separate infinitesimal gravity wave effects from more common and less interesting vibrations from a passing vehicle or a chair sliding on the laboratory break room floor, unprecedented levels of vibration isolation were developed. Despite this, local vibrational noise remains problematic.”

(Editor: In the absence of gravitational waves, the light from a laser travels the same distance along each arm, and the beams from the two arms interfere destructively when they meet at the arms’ intersection, so no light reaches a detector that monitors the beam. But when a gravitational wave passes through the observatory, it will ever-so-slightly lengthen one arm and shorten the other, preventing the full cancellation of the two beams, letting light through to the detector. LIGO is designed to catch differences a billionth of the size of an atom.)

“To distinguish gravitational signals from vibrational noise, the two widely separated interferometers are monitored simultaneously. The notion is that the hiss and burble of random local vibrations will be recorded in each location, with no correlation between the two: truck traffic in Louisiana will affect the signals there, but not those at the Washington site. If, however, these two signals become correlated, even briefly, the cause must be not local, but cosmic — i.e., gravitational waves.

“The side-by-side traces of signals from the Hanford and Livingston interferometers at 5:51 a.m. EDT on a September day last year show separate random wiggles evolving into a breathtaking synchrony lasting roughly two-tenths of a second before returning again into unrelated noise. The signal was unmistakable, and stunning. The modern-day watchmakers who crafted this instrument array for the sole purpose of seeing such a signal were rewarded richly, and immediately.

“This takes me back to that NFL pass play, and the precision necessary to achieve a completion. Just consider: the initial gravitational wave event recorded by LIGO was triggered by the merger of two black holes 1.3 billion years ago. The resulting wave spread like a ripple caused by a stone dropped into an otherwise smooth pond, the size of the ripple diminishing with its distance from its source. Moving at the speed of light, this gravitation ripple passed through the LIGO detectors in 0.2 seconds, and then was gone. Its fleeting arrival — a pass thrown 1.3 billion years ago — appeared on LIGO’s receivers during the first week in the history of mankind when we had an instrument capable of detecting it!

“Even more surprising — this tiny “chirp” was detected on September 15 of last year, a week before the instruments were scheduled to go live, in fact during its final “dress rehearsal.” To consider this mere coincidence goes beyond reason. It might be read as near-definitive proof of the existence of a benevolent God — one, in fact, who has particular interest in the success of this scientific project.

“Another explanation is that this violent cosmic event is far from unique, and the advanced LIGO observatory has opened a window on the universe that will flood us with such data and new discoveries. This notion is supported by the fact that during the four months of active observation with LIGO since that initial celebrated event, scientists have recorded and are now analyzing at least four more potential gravitational wave events.

“So now what? It is hard to say, but chances are that in opening this new channel of communication with the universe we will be treated to a constant stream of unexpected revelations about our cosmic home. This is a channel to which we should all stay tuned.”

Happy Bucks:

1. Skip Ravenhorst thanked Tom for his presentation and reminded us it would be appropriate for us to send a donation to Meals for Shut-Ins in appreciation.
2. Chip Honsinger was glad to hear that Tom was a former Rotarian and volunteered Partner Mary to baby-sit his young children if he would rejoin; he reviewed his and Mary's recent travels to visit children and grandchildren in the West; and he was amazed to visit three old friends, one of whom was a god child who was still a flight attendant at age 60 (actually there are 540 older among about 16,000).
3. Dick Minnix was happy to bring our attention to Scientist Albert Einstein, a German Jew who could not get a job in academe in Europe after finishing his schooling but developed his ideas in the evenings after working a day job as a patent examiner in an office in Switzerland; the detection of gravitational waves confirmed his prediction of their existence 100 years ago; Time magazine chose him Scientist of the Century in 2000.
4. Kent McMichael brought our attention to an amazing operation he recently observed in the Mess Hall at the U. S. Military Academy: they serve meals family style to about 4400 cadets in the huge hall at the same time – something like 3500 pounds of food each meal; all enter together, take their seats on command, are served and eat (gobble?) In 20 minutes, and then depart together; the only sounds heard are chewing and commands for the lowest ranking cadet at each table to refill glasses of water, tea, etc. And the serving dishes were left absolutely empty.
5. George Piegari was reminded this week that you don't refer to a 60-year old female as "pretty," the proper term is "handsome." Some of our members said they would accept pretty.
6. Joe Milo was pleased with the diversity of our programs, from the VMI Baseball Team to Gravitational Waves – "What a great Club."
7. John Tucker was happy to pay his dollar for his photo appearing in the News-Gazette this week in connection with one of the railroad displays to be shown in the opening of the Museum at Jordans Point Park this coming Saturday.
8. Julie Goyette was happy for the wonderful talk tonight.
9. Linda Krantz was happy to distribute programs for the music program at her home this Friday evening.

Pot:

John Furgerson won the raffle AGAIN but not the BIG pot that has now reached \$417.00.

Future Programs & Activities:

- May 21: Boxerwood Project; 3:00–5:00 PM; RoD Mary Sayre**
- May 25: Memorial Day Cemetery Flags by Kent McMichael; RoD Kent McMichael**
- May 27: Placement of Flags Project in Two Cemeteries, start at 4:00 pm**
- May 31: Collect Flags Project in Two Cemeteries, start at 4:00 pm**
- Jun 01: NO MEETING; Previous Flag Projects Take Place of Meeting**
- Jun 08: Charter Night for Lexington Lunch Rotary Club; McKethan Park, 6:00 pm**
- Jun 15: Court Appointed Special Advocates (CASA) for Children**
- Jun 20: Community Table Project; 1:00 – 9:00 pm at various times**
- Jun 22: Community Table Project; 9:30 – 2:30 pm at various times**
- Jun 22: Annual Club Picnic; Jordans Point Park, 6:00 pm**
- Jun 29: Installation of Club Officers for 2016-17**

END