



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1063

96th YEAR OF "SERVICE ABOVE SELF"
Web Site: <http://www.lexingtonvarotary.org>

July 11, 2018

Volume LXXII, Number 01

President Betty presided. Guests: Anita Snider, colleague of Betty and Kent at Kappa Alpha Order National Headquarters; and Partners Nancy Cuzzimano, Nancy Lowe, Barbara Risser, and Margaret Sayre. And let's not forget the delightful Ryan children: Anna and Danny. Visiting Rotarians: None. Attendance: 19 members, 4 Partners, and 1 guest for a total of 24. Actually 24³/₄, counting Anna Ryan as 1/2 and Danny Ryan as 1/4.

Announcements and Business:

1. DG George Karnes is seeking our help: District 7570 is happy to be able to continue the Group Study Exchange program for 2018-19. We have arranged for an exchange with District 3510 in Taiwan to take place from late March 4th to late April 4th. Taiwan is an amazing place to visit. The team will be immersed in their culture and experience incredible cuisine, diverse temples and religions, tour amazing educational and agricultural networks and incredible hospitality. Your help is needed to identify Rotarians who would be interested in participating as the team leader (must be a Rotarian) and team members who may or may not be Rotarians. All applicants for team member should be 35 years or younger and if the applicant is a Rotarian, they should have 5 or less years of service in Rotary. The applications and other information for both are on the district website at <http://www.rotary7570.org/GSE2>."
2. Meet the new RI President, Bahamian Barry Rassin and wife, Esther, in the July, 2018 issue of *the Rotarian* magazine. President of the renowned Doctors Hospital in Nassau, his theme for the year is "Be the Inspiration."
3. At this meeting one year ago, President Betty had both happy and sad bucks: "sad that today was her last day at HDT Global and happy that today was her last day at HDT Global." Hubby Kent was sad because he didn't know what this change was going to cost him.

Program:

Our Annual Family Picnic was held in the Rotary Pavilion at Jordan's Point Park in East Lexington. Beam-Me-Up Barbecue provided a wonderful outdoor meal. It consisted of pork barbecue plus 4 different sauces, baked beans, macaroni and cheese and buns with iced tea and water to drink. An excellent meal. Kent explained that Beam-Me-Up was selected as caterer because they have supported our club as a sponsor of the Leprechaun Leap the past two years.

It was a special evening: the Ryans were celebrating their wedding anniversary, Julia Van de Water was celebrating her 39th birthday again, and President Betty was looking forward to her 30th anniversary as a Rotarian next week. In honor of the occasion, Shane Gonsalves had baked a yellow sheet cake with icing. All present enjoyed the delicious dessert.

There was no formal program – just good food, fun, and fellowship. Thanks to Betty and Kent for arranging a wonderful evening.

Future Programs & Activities:

- Jul 18: Rockbridge Area Health Center by Suzanne Sheridan, RoD Dick Minnix
- Aug 14: Joint Meeting with Kerr's Creek Ruritan Club (TUESDAY at Kerr's Creek Presbyterian Church)
- Aug 22: Joint Meeting with Jaycees; planning RCF
- Aug 25: Rockbridge Community Festival

END

July 18, 2018

President Betty presided. Guests: Our speaker was Suzanne Sheridan Director of the Rockbridge Area Health Center. Visiting Rotarians: None. Guests: Two, Suzanne Sheridan & Shane's mother. In attendance were 15 members for a total of 17. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Kent provided an update on the preparations for the Rockbridge Community Festival. Sponsor ships are moving along with 19 so far. The space assignment spreadsheet has not yet ben started by a good number of requests have been received. All systems are go and we are on track for the August 24th festival.
2. Announcements about future events? The next meeting will be a joint meeting with Kerr's Creek Ruritan club on August 14th starting at 7pm.
3. Dick Minnix was not with us as he was in hospital with a suspected thrombosis and has since been discharged and is resting at home.

Program:

As Dick was the RoD, Betty took over and introduced Susan Sheridan the director of the Rockbridge area Health Center and a past member of our club. They have known each other since 1989. This was a return visit within a month for Suzanne. This time she came equipped with her own laptop and projector. Suzanne started her presentation by showing a short referral video about the health center and how help was given to people while they or their family were in great need. Also Steve Grist an ex member of our club and president of Cornerstone bank referenced the importance of Rockbridge county remaining healthy so the community could thrive as without the excellent work done by the RHC staff the area could fall in to hard times.

Using a slide presentation Suzanne then discussed the changes that have been made since the original Free Clinic five years ago to a local private and non-profit Health Center which is now receiving a large portion of running costs through an annual Federal grant. Suzanne confirmed Steve Grist's views by confirming the goal of the new RHC is to build a healthy community by providing healthcare for all no matter their means. There has been significant growth since the change that has driven the need to expand the size of the current facility, but at the same time we should realize that the RHC is still small. The goal is to provide affordable high quality healthcare for all whether or not insured, regardless of insurance or income. The RFH provides financial assistance so no patient is ever turned away therefore healthcare is provided for all.

The local community also benefits economically. For every dollar spent the RHC returns 2 dollars back to the community. The way it does this is by employing local people, by buying locally and extending the existing building is a big capital project. This project will will expand existing space from 9,000 to almost 24,000 square feet. A larger RHC building was needed as the number of Patients has grown significantly by 93% in 4 years currently serving about 5,000 patients. Growth is expected to continue as Rockbridge County has been designated, by the Federal government, as a healthcare shortage area.

Suzanne concluded her talk by saying there is a positive future for the Rockbridge Health center and so she is planning for future expansion of patient services and a corresponding increase in healthcare professionals to deal with the growing need.

As there was a late start to dinner, Betty decided not to have Happy Bucks or the 50/50 draw this week.

Future Programs & Activities:

Aug 14: Joint Meeting with Kerr's Creek Ruritan Club (TUESDAY at Kerr's Creek Presbyterian Church)

Aug 22: Joint Meeting with Jaycees; planning RCF

Aug 25: Rockbridge Community Festival

Aug 29: Meeting with DG George Karnes at Glen Maury Park, BV (time TBD)



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August 14, 2018

Volume LXXII, Number 03

Our Annual Joint Meeting with the Kerrs Creek Ruritan Club was held at New Monmouth Presbyterian Church on Tuesday evening beginning at 7:00 pm. Presiding were Skip Ravenhorst, President of the Lexington Rotary Club, and Roger Williamson, President of the Kerrs Creek Club. A very nice dinner was served: roast pork, mashed potatoes, macaroni and cheese, green beans, and homemade bread and butter. That was topped off with a delicious ice cream cake. Several members of the host club prepared the delicious meal.

Guest: Lynn was the guest of Partner Joe Williams. Our attendance: 15 Rotarians and 1 guest for a total of 16. Ruritan attendance was 29. Meeting held in the Fellowship Hall of the New Monmouth Church.

Announcements and Business:

1. On Wednesday, August 22 we will meet at the Country Club with the JayCees prior to the Community Festival. Regular meeting time at 6:00pm. Partners & potential guests are welcome.
2. The Rockbridge Community Festival is Saturday, August 25. **THIS IS A ALL-HANDS NEEDED event.** A sign-up sheet for the day was sent to all members earlier. Please sign-up for at least one assignment (two if possible) if you have not already done so. Expect a phone call if you fail to comply.
3. On Wednesday, August 29, we will meet our new District Governor at Glen Maury Park in Buena Vista. This is a joint meeting for Area 6 clubs (Lexington x 3; Buena Vista; Covington-Hot Springs; and Botetourt [formerly Buchanan]). Cost is \$18 per person. Fellowship 5:45-6:30 (no alcohol) with dinner at 6:30 pm. Casual dress as the event is outdoors. Partners & potential guests are welcome but President Betty should be notified beforehand.
4. Bill Dawson, husband of former member Latha Dawson, passed away recently. President Betty sent Latha a sympathy card from the club. There will be a memorial service on Saturday, August 18, at Lex Presbyterian at 1:00pm with a reception following in the Brady Chapel.

Program:

Laura Hotinger and Jerri Scharf, members of the host club, provided the program on the "Valley Program for Aging Services (VPAS)." They jointly provided some history of the organization and a brief overview of their services.

VPAS was established in 1974 as the local Area Agency on Aging, VPAS serves adults 60 years and older, and their families, in the Counties of Augusta, Bath, Highland, Rockbridge and Rockingham, and the Cities of Buena Vista, Harrisonburg, Lexington, Staunton and Waynesboro. Their mission is to empower those 60 years and older with the resources and opportunities they need to lead engaged lives. Their vision is to be the premier organization in the Central Shenandoah Valley for supporting successful aging in place.

Probably the best known of VPAS programs is Meals on Wheels and operation of local Senior Centers. For example, 22,000 meals were distributed last year. And just as important as the food, the social interaction provided by volunteers delivering meals is crucial to senior well being. And certainly, operation of local senior centers provides an essential social contact for many seniors. Medical and insurance counseling is just beginning.

If you are 60 or older, with limited income, having trouble getting healthy food, the new REACH program may be able to help. Low-income adults 60 or older who live in northern Rockbridge County could be eligible for a monthly delivery of shelf-stable healthy foods. Individuals should apply at either South River Volunteer Fire Department from 10am to 2pm on September 14 or at Rockbridge Baths Volunteer Fire Department from 10am to 2pm on September 15. This program is a community partnership of the Brownsburg Ruritan Club, the Blue Ridge Area Food Bank, and VPAS.

A variety of wellness programs are provided to assist with healthy aging, managing chronic conditions, and improving balance. Transportation to medical or other life necessary destinations is also provided.

VPAS has five regional offices: Augusta County-Staunton-Waynesboro, Bath County, Buena Vista-Lexington-Rockbridge County, Harrisonburg-Rockingham County, and Highland County.

VPAS is supported by federal, state and local governments, the United Ways of Greater Augusta, Harrisonburg-Rockingham, and Rockbridge, private foundations, and the generosity of our neighbors. VPAS is a 501(c)3 charitable corporation.

The Ultimate in Passing the Buck:

"My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you all responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."
(Source unknown.)

Future Programs & Activities:

- Aug 22: Joint Meeting with Jaycees; planning RCF**
- Aug 25: Rockbridge Community Festival**
- Aug 29: Joint Meeting with All Area 6 Clubs in BV**
- Sep 05: Club Assembly**

END



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August 22, 2018

Volume LXXII, Number 04

President Betty presided. Guests: 9 Jaycees, most of whom have leadership roles in the upcoming Rockbridge Community Festival (RCF) next Saturday. Visiting Rotarians: None. Attendance: 17 Rotarians and 9 Jaycee guests for a total of 26.

Announcements and Business:

1. Continuing a tradition, we will meet jointly on Wednesday, August 29, with the clubs of District 6 at the double-decker pavilion in Glen Maury Park in Buena Vista. Cost of the meal is \$18 per person. Fellowship 5:45-6:30 pm (no alcohol) with dinner at 6:30 pm. Casual dress as the event is outdoors. This is a good opportunity to meet our new DG George Karnes and his Partner and to visit with fellow Rotarians from Area 6 (Lexington x 3; Buena Vista; Covington-Hot Springs; and Botetourt County). Partners & potential guests are welcome but President Betty should be notified beforehand. Please contact Dick if you need directions on how to reach the pavilion.

Minute for Rotary:

President Betty reminisced about the history of the RCF. How It grew out of our communities' participation in our bicentennial celebration in July, 1976. Club members enjoyed that event so much that they decided to continue it the next year, with the cooperation of other civic clubs, and it soon became an annual affair. Jerry Nay, Professor of Aerospace Studies at VMI, was one of the prime movers in our efforts.

Our initial RCF was held in an "L-shape" layout on Washington and Lee Streets, including parts of Grace Episcopal Church and W&L properties. It featured a milking contest between Rotarians and County officials. The event soon moved to Main Street where it has prospered. This year is the 42nd edition. It seems like it began only yesterday.

Incidentally, John Tucker, Dick Minnix, and George Piegari were all club members who participated in the Festival during these early years.

Program:

The Rockbridge Community Festival (RCF) is an annual downtown arts and crafts festival sponsored by the Lexington-Rockbridge Jaycees (J) and the Lexington Rotary Club (R). All funds benefit Rockbridge area charities. It is the only festival of its kind in the Rockbridge area. There is no admission fee for attendees of the Festival.

The 42nd Annual RCF will be held on Saturday, August 26th, from 9:00 am until 3:00 pm. Co-Chair Stewart Fleming reviewed preparations for this traditional joint venture. He reminded us that the RCF has a web site at www.rockbridgecommunityfestival.org and also has Twitter and Facebook pages.

The 2018 RCF Board of Directors is listed below. Some committees have chairs (CH) and vice chairs (VC). Several of them reported to our joint meeting:

OVERALL CHAIRS: Tullis Beasley (CH-J), Stewart Fleming, (VC-R)

SPACE ASSIGNMENTS: Joe Williams (CH-R), Evan Stack (VC-J) About 170 spaces have been assigned to date. Blocks A and B are filled; space still available in block C.

OPERATIONS: Blake Ball (CH-J), Kent McMichael (VC-R)

ENTERTAINMENT: Joe Milo(CH-R) As published in today's News-Gazette, the following groups have been scheduled::

10:00–11:00	Blue Ridge Mountain Cloggers
11:00–Noon	Joanna Benning and the Stolen Moments
Noon–1:00	Harry Herbert and the Hootiville Highway Band
1:00 – 2:00	So Diverse
2:00 – 3:00	Coprolite

SPONSORS: Sidney Baker (CH-J), Scott Risser (VC-R)

MARKETING: Skip Ravenhorst (C-R) Will not produce new T-shirts or posters this year. R and J should wear their organizations T-shirts. See color ad in today's News-Gazette.

TREASURER: Aaron Masey (CH-J). Not present for obvious reason – has new-born child.

RCF physical layout will be same as last year. At the behest of the Emergency Services folks. vendor's booths will again face toward the center of the street and be flush against the curbs in order to permit a path for emergency vehicles down the center of the street. Open access to all fire hydrants is also required.

Traffic flow will be same – both Nelson and Washington Streets will be closed. There will still be plenty of vendor space available because all food vendors will be placed in one of two food plazas. One, for 5 vendors, will be on Nelson Street backed up to the curb beside Cornerstone Bank. The second, for 5 more vendors, will be on Washington Street backed up to the curb beside Pumpkin Seeds shop (across from Haywoods bar/restaurant). As usual, the Rotary food booth will be located at the Wells Fargo Bank plaza.

This year promises to be another outstanding event. Space assignment folks will begin chalking curbs at 5:00 pm on Friday. Vendors will be allowed into the area at 7:00 am on Saturday morning.

All available members should show up for clean-up beginning at 3:00 pm. You'll be amazed at the appearance of the downtown area two hours after close of the RCF. Remember: "Many hands make light work."

The Lexington Fire and Rescue, Police, and Public Works Departments are an integral part of this project – we couldn't function without them, especially John Smith and his Public Works Crew. Don't forget to thank any of them you encounter.

This promises to be one of our largest and most outstanding RCFs. Thanks to Kent and his Planning Committee for an outstanding job.

Pot:

Dick Minnix won the raffle but not the big POT which totaled \$171 at our meeting on June 20th.

Paraprosdokians:

These are figures of speech (Churchill loved them) in which the latter part of a sentence is surprising or unexpected, frequently humorous.

1. Where there's a will, I want to be in it.
 2. Since light travels faster than sound, some people appear bright until you hear them speak.
 3. I didn't say it was your fault; I said I was blaming you.
 4. Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.
 5. I used to be indecisive. Now I'm not so sure.
 6. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
- (Thanks to Connie Snider.)

Future Programs & Activities:

Aug 29: Joint Meeting with All Area 6 Clubs in BV

Sep 05: Club Assembly

Sep 19: RARA by John Trudgeon, RoD Betty McMichael

END



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August 29, 2018

Volume LXXII, Number 05

All clubs in Area 6 (Botetourt County, Buena Vista, Covington-Hot Springs, Lexington, Lexington Lunch, and Lexington Sunrise) met with District Governor (DG) in at the double-decker pavilion in Glen Maury Park in Buena Vista on Wednesday, August 23rd. Fellowship began at 5:45 pm followed by the meal at 6:30 pm.

A very nice buffet meal was served: fried chicken, beef tips in gravy, green beans, boiled potatoes, macaroni and cheese, roasted carrots, tossed salad and dressings, homemade rolls and butter, iced tea and pink lemonade, and three desserts: chocolate cake, yellow cake with sliced strawberries in the frosting, and a banana pudding. Aren't you sorry you missed it? Representing our club were members, and Rotary Partner Nancy Lowe. And we can't omit two-year old Anna Ryan and younger brother Danny who captivated the gathering. Plus several large appetites. A rough estimate of total attendance is 60.

Announcements and Business:

1. See the article on Hamburg, Germany, host of the 2019 RI International Convention on page 28 of the September 2018 issue of *the Rotarian* magazine. Hamburg has a lot to offer for world travelers.
2. The annual Rotaract Outstanding Project Awards are listed in the article on page 62 of the September 2018 issue of *the Rotarian* magazine. The Rotaract Club of New Kingston, Jamaica (U.S., Canada, and Caribbean region), was recognized for its Back to School Medical Project, which provided medical exams, dental cleanings, and eye screenings to students in several underserved communities.
2. Thanks to the Buena Vista Club and, especially, president Andrew Wolfe, for making all arrangements for tonight's gathering.

Program:

AG Marc Hudson introduced District Governor George Karnes.

George L. Karnes II, lives in Front Royal, VA and is a member of the Rotary Club of Warren County. George joined Rotary in 2009 and served as club president 2014-2015. George has served District 7570 as an Assistant Governor for Area 1, District Conference Steering Committee Member for 2014 and led a GSE team to Taiwan in 2013. He is a Rotary Leadership Institute graduate and facilitator, Double Sustainer, Multiple Paul Harris Fellow and Paul Harris Society member.

George has a passion for service and has served as a director on multiple boards including the United Way, Boy Scouts of America and the Warren County Educational Endowment. Through his church, he has organized an annual day of service dedicated to local service projects in participation with the State of Virginia "Day to Serve" and as a counselor to church members in need of financial assistance.

Professionally, George is a Vice President and Financial Advisor with Wells Fargo Advisors and specializes in helping clients pay for college, plan for and live in retirement and transfer wealth to future generations. He holds his Series 7 and 66 licenses and is an Accredited Asset Management Specialist (AAMS). Formerly, George was a technologist and principle for Financial Securities Information Systems (FSIS), an IT consulting company specializing in Wide Area Network (WAN) projects. He held credentials as a Microsoft Certified Systems Engineer (MCSE), Microsoft Certified Trainer (MCT) and A Cisco Certified Networking Professional (CCNP). His career has taken him to all 50 US states and internationally to Canada, Mexico, England, Ireland, France, Switzerland and Japan. George sold his interest in FSIS in 2004 taking a four year sabbatical to spend time with his family.

George's wife, Lannette, is a graduate of Brigham Young University in Provo, Utah and is a Paul Harris Fellow. Lannette is an active participant in Rotary projects and fundraising events and is a

critical supporter in George's Rotary service. Lannette manages their real estate business Emerald Isle Management which includes Mini-Storage & Rental Properties. They have four children Wyatt, Rachel, Tara and Zachary. George and Lannette enjoy traveling, music, reading and spending time with family.

Governor George spoke to us about his journey in Rotary: Grew up in an area much like Buena Vista; Helping Others was an Integral Part of His Family Upbringing; Book of Mormon Had a Big Influence on His Life; Rotary's 4-Way Test Fit Well Into His Life. He pointed out that Bill Skelton, former member of the Blacksburg club and DG and International President, changed Rotary and is still recognized in clubs around the world. One of the changes our current RI President has made is to allow Rotaract Clubs to organize new Rotary Clubs. This is an effort to make membership more attractive to young people.

Rotary says there are three areas we need to work on this year: the Foundation, public image, and membership. He noted that the Rotary Foundation is rated by evaluators as the number one charity in the world because of its financial practices. But membership is the most important and deserves our undivided attention.

Anyone who registers for the 2019 District Conference at the Homestead Resort by December 31 can purchase an attractive Rotary shirt for only \$10.

An outstanding speaker, George captivated us with his off the cuff remarks. Thanks, George, for an inspiring presentation.

New Global Ad Campaign:

"While many people have heard of Rotary, few people actually understand what Rotary clubs do. In fact, 35% of the public is unfamiliar with any Rotary program, including their local club. That's why Rotary has created a new global ad campaign called 'People in Action.' The ads are available for download at www.Rotary.org/brandcenter, where you'll also find guidelines on how to use and localize each element, making it easier for clubs in any part of the world to tell their story in a consistent, compelling way."

Pot and Happy Bucks:

Neither, as we met off site.

Future Programs & Activities:

Sep 05: Club Assembly

Sep 19: RARA by John Trudgeon, RoD Betty McMichael

Oct 03: Annual Cookout; Mulberry Hill

END



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October 5, 2018

Volume LXXII, Number 06

President Betty presided. Guests: None. Visiting Rotarians: None. Attendance: 14 members.

Announcements and Business:

1. Our District Newsletter is called *The Rotary Informer*. It contains the latest happenings around the District, including a calendar of events. To access the latest issue: go online to www.rotary7570.org; click on **WHO WE ARE** near the top of the page; on the drop down list, choose **District Newsletters**; on the drop down list, choose **September Newsletter 2018**.
2. **WINNING NEW MEMBERS:** We can all agree that club membership is one of our major challenges. To learn some new approaches, see the article on page 26 of the August 2018 issue of *the Rotarian* magazine for "15 surefire, proven, no-nonsense, tried-and-true, foolproof, absolutely guaranteed tips."
3. **A NEW ONE:** There's a new acronym floating about: **DACdb** (read as dak-dee-bee). This is a new on-line members, club, committees, and district database – it has a wealth of information for Rotarians. Go on line at www.rotary7570.org and learn how to access it – you'll be glad you did!
4. **ELECTION FACTS FOR NOVEMBER ELECTIONS:**

A General and Special Election is scheduled for Tuesday, November 6, 2018 (first Tuesday in November). "Special" refers to local elections.

Absentee voting begins on September 21. Deadline to request absentee ballot by mail is October 30. In-person absentee voting is highly recommended. In this case, you present your application to the registrar in her office, any errors are corrected, and you vote electronically immediately in her office. Registrar's office will be open all day on two Saturdays prior to the election except for closure during lunch hour.

Note that in both regular and absentee cases, curbside voting is available for persons age 65 and older, or any person with a disability. Just send someone inside and announce you have a person who wishes to vote curbside.

October 15 (22 days before the election) is the deadline to register to vote in the November elections. And don't forget to notify your voter registrar of any change of address. For additional information, go to info@sbe.virginia.gov or call 1-800-552-9745.

Note that you must present a valid photo ID at the precinct in order to vote on election day.

Minute for Rotary:

Bill Lowe reminisced about a trip through Arkansas. In returning from Kansas City they were on a scenic road and encountered a rest stop called the Rotary Ann Rest Stop. It was established by clubs in 1923 and is "still kicking."

Betty explained that, before women were admitted to Rotary, spouses were referred to as "Rotary Anns." Later, Barbara Hargroves, one of our first female DGs, was on an official trip to Australia and was met by an Aussie Rotarian who remarked he didn't know what to call her. She replied, "Call me a Rotarian." She was accompanied by her husband, Andrew. When he asked who was the gentleman with her, she said, "He's my Rotary Andy."

Program:

President Betty conducted a Club Assembly:

- Julia Van de Water discussed our participation in the Kroger Community Awards Program. The company makes donations to our club for charitable purposes based on expenditures by our members in Kroger stores. This program has been changed in recent years. Julia reviewed some of the changes but is still working out the details. An outline of our procedures and details of the process for each member to sign up will be separately distributed when she has all the information.

- Julia also reported on changes to our members Rotary Foundation contributions. In the past, Treasurer John had added our contributions to our regular monthly bills and kept track of our annual total, but no more. These contributions will be contributed directly to RI henceforth. Watch for more information on how to contribute in the future. Members will have to go on line to track their annual contributions – our club treasurer will not do it.
- Joe Milo wrapped up the Leprechaun Leap project conducted last March 10th. Income is from two sources: sponsorships and runners. The former brought in \$2975 and the latter, \$1821, for a total of \$4796. Expenses were varied: radio spots, \$150; awards and ribbons, \$220; new date patch for street banner, \$1000; use of Central School building, \$75; bagpiper, \$100; T-shirts for participants, \$1300; and special participant event bags, \$500; for a total of \$3345. Thus, we realized a profit of \$1451 which will be donated to the Rockbridge Christmas Basket program. Joe commented that the project had grown to where it would require more leadership in the future. It has increased from 30 runners in its first year to 70 last year and there is no reason to believe it will not continue to grow as it becomes better known to runners in the area -- an avid runner in the area has already signed up 30 for next Spring. Joe made a plea for a volunteer to chair the project next March 7, 2019.
- President Betty made a plea for a club Youth Coordinator to work with the Interact Club at Rockbridge County High School.
- President Betty announced that DG George Karnes had negotiated a room rate at the Homestead Resort of \$137 per night plus taxes for our next District Conference. This is significantly lower than usual so she hopes more members will attend. Note that this rate does not include meals. One of the scheduled speakers sued Rotary (successfully) years ago to admit women to membership.
- President Betty also announced other upcoming district events (see calendar below) and urged our participation.

Happy Bucks:

- Joe Milo commended whoever was responsible (possibly John Furgerson) for the fine weather at the Rockbridge Community Festival.
- Linda Krantz had a joke: A lawyer boarded a plane in New Orleans with a box of frozen Dungeness crabs. He handed them to the very attractive, blond attendant and haughtily informed her that he was holding her personally responsible to ensure the crabs did not thaw during flight. As the plane approached New York, the attendant announced over the intercom, "Would the lawyer who gave me the crabs in New Orleans please raise your hand." No hands went up!
- Dick Minnix repeated a favorite joke of John McCain's that he heard on one of the memorial services: Two convicts were standing in the serving line in the dining room at a prison. After looking over the offerings, the first convict remarked that the food had gotten terrible. The second convict agreed and added that it had been much better when he was governor. Joe Milo thought this was a WVA joke.
- Skip Ravenhorst was happy to have hosted a class of Grigg Mullen's VMI cadets for a tour of his restored Beechenbrook Chapel.
- Dick Minnix's oldest son, Jeff (VMI'79), attended a wake for a grad in the class of '59. He encountered another member of that class named Art Brandriff. After conversing for some time, Art asked his last name again and asked if his dad taught at VMI. When Jeff replied, "Only 40 years!" Art realized he had Major Minnix for physics class. Small world! Dick commented that Art was a member of the undefeated football team that went 9-0-1– the present team could certainly use him now – a halfback, he ran a 9.7 hundred.
- Linda Krantz offered to donate an old Rotary T-shirt to anyone interested. She was preparing to throw it out at home and husband David admonished her to bring it to a meeting and give it to a member.

No raffle chances were sold at the beginning of the meeting, so there was no drawing or rolling of the dice to claim the BIG pot!

Current Rotary Statistics:

Worldwide: Members: 1,166,076
Clubs: 36,033

District: Members: 3267
Clubs: 82

Hear What You Want:

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?' Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'

Future Programs & Activities:

- Sep 19:** RARA update by John Trudgeon, RoD Betty McMichael
- Sep 21:** World Alzheimer's Day
- Sep 29:** Rotary Leadership Institute in Lynchburg; Registration: \$90
- Oct 03:** Annual Cookout; Mulberry Hill
- Oct 13-14:** District Interact Conference at SML, William H. Skelton 4-H Center
- Oct 17:** RI Convention by Mary & Chip Hjonsinger, RoD Betty McMichael
- Oct 24:** Highway Clean-up, Route 11S
- Dec 07:** District Foundation Dinner at VA TECH; cost \$85/person; speaker: RI President
- Dec 07:** Rotary District Four-Way Test Speech Contest
- Dec 07-09:** RYLA, Inn at VA Tech
- Mar 15-17:** District Conference at The Homestead Resort

END



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September 19, 2018

Volume LXXII, Number 06

President Betty presided. Guests: None. Visiting Rotarians: None. Attendance: 15 members.

Announcements and Business:

1. President Betty and Kent rolled in at 5:55pm from a trip to Columbus, GA. She looked a little frazzled.
2. President Betty announced that our Board of Directors had approved a leave of absence for Shane Gonsalves. He has recently obtained a catering contract that will keep him busy on our meeting night, Julie Goyette has graciously stepped into Shane's role as club secretary during his absence.
3. Prospective new members of the club:
 - (a) Bill Kozak, retired from USCG; recently moved to area to be near his son who replaces Paul Barron at the Marshall Library; sponsor, Joe Milo
 - (b) Mike Orrison, owner of Orrison Tree Service; sponsor, Kent
 - (c) Charlotte Sibold, Kendal; former member of the club; sponsor, Betty
 - (d) Charles Kostelni, Sales, Pulpwood; former member of the club; sponsor, Kent
4. Those who were not at the last meeting should let Joe Williams know if they plan to attend the steak cook-out on Oct 3 at Mulberry Hill. ALL should bring their personal eating utensils and a bottle of wine or other beverage to share. Everyone is asked to bring a dish to share and Joe needs to know what that dish will be. (Those of you "single" gents at Kendal are not expected to bring a dish).
5. Joe Milo again made a plea for leadership for the Leprechaun Leap project. He announced that after Christmas was too late to start planning for the event. And announced that it would move to the end of March in order to avoid St. Patrick's Day and our annual District Conference. Joe has broken down job responsibilities into smaller lots so no one job will demand excessive time. He circulated a list of job responsibilities and urged members to sign up.
6. Our District Newsletter is called **The Rotary Informer**. It contains the latest happenings around the District, including a calendar of events. To access the latest issue: go online to www.rotary7570.org; click on **WHO WE ARE** near the top of the page; on the drop down list, choose **District Newsletters**; on the drop down list, choose **September Newsletter 2018**.
7. DG Karnes announced that Beverly Pitzer has been selected as the Team Leader for the Group Study Exchange to Taiwan. Beverly is a member of the Martinsville Uptown Club and currently serves as the Membership Chair. Professionally, Beverly is a manager with Carter Bank & Trust with a focus on Community Outreach. She may be contacted at beverly.pitzer@carterbankandtrust.com.
8. Now Team Member Candidates are needed. "A Group Study Exchange to Taiwan will truly be a life changing experience. This opportunity will include being hosted in Taiwan from March 4th to April 4th, 2019. Successful candidates will be immersed in the culture of Taiwan and have the opportunity to interact with members of their profession. Qualifications are active employment in their profession, age 45 or younger, If a Rotarian, they must have less than 5 years of service. Applications must be received by September 20th for interviews to take place at The Natural Bridge Hotel on September 30th."

Program:

Dick Minnix was a last minute substitute for the program. He reviewed facts about the November 6 General and Special Election:

- Last day to register to vote is Monday, October 15.
- You must show a valid photo ID to vote on election day; otherwise you vote a provisional ballot which won't be counted until you take a valid photo ID to the registrar's office.

- Location, hours of operation (including lunch closings), and phone numbers for registrars in all three jurisdictions were reviewed.
- Voting precincts were reviewed.
- Absentee voting begins this Friday, September 21. In-person absentee voting was highly recommended.
- Curbside voting for the elderly and disabled is available in both absentee and regular voting.
- Sample ballots from Buena Vista, Lexington, and Rockbridge County were circulated.
- Little notice has been given to the presence of two constitutional questions that will be on the ballot. In brief, these deal with tax exemptions/credits for victims of flooding and spouses of veterans with 100% service-connected disability.
- Of course, a voter may choose not to vote on a question or candidate, or vote for fewer than the number allowed. This latter option is very powerful.
- Write-ins are allowed in all elections.
- Registrars should be notified of any change of address.
- Additional information is available at www.sbe.virginia.gov. Here, the sbe refers to the State Board of Elections.

In response to a question, it was pointed out that more information about local candidates was available in recent issues of the Advocate and would be in upcoming issues of the News-Gazette.

Happy Bucks:

- Joe Milo was thankful that our area avoided significant damage from hurricane Florence.
- Betty McMichael was thankful on multiple counts: attended the graduation of former VMI cadet from OCS; she agrees with the adage, "To get to hell, you must go through Atlanta!"
- John Tucker's daughter owns a house on White Lake in North Carolina; normally, the water level is 2 feet below the dock surface, it was 1 foot above the surface during the recent hurricane.
- Joe Milo thanked everyone who signed up for Leprechaun Leap; others should not despair – they'll get another opportunity.
- Julie Goyette had praise for Joe Milo for taking on leadership of the Leprechaun Leap again.

Special Occasions:

Appropriate songs for couples celebrating wedding anniversaries:

For the 1st anniversary: "Night and Day"

For the 5th anniversary: "Saturday Night"

For the 10th anniversary: "Once in a While"

For the 25th anniversary: "Now and Then"

For the 50th anniversary: "Thanks for the Memories"

What do you suggest for anniversaries over 50?

Good Thoughts:

If you just want to walk fast, walk alone; but, if you want to walk far, walk together!

Six Best Doctors in the World; 1. Sunlight; 2. Rest; 3. Exercise; 4. Diet; 5. Self Confidence; 6. Friends.

The nicest place to be is in someone's thoughts, the safest place to be is in someone's prayers, and the very best place to be is in the hands of God.

Future Programs & Activities:

Sep 21: World Alzheimer's Day

Sep 29: Rotary Leadership Institute in Lynchburg; Registration: \$90

Oct 03: Annual Cookout; Mulberry Hill

Oct 13-14: District Interact Conference at SML, William H. Skelton 4-H Center

Oct 17: RI Convention by Mary & Chip Hjonsinger, RoD Betty McMichael

Oct 24: Highway Clean-up, Route 11S, start at NOON

Nov 09: Place Flags on Graves in Observance of Veteran's Day

Nov 14: Pick Up Flags from Veteran's Graves

Dec 07: District Foundation Dinner at VA TECH; cost \$85/person; speaker: RI President
Dec 07: Rotary District Four-Way Test Speech Contest
Dec 07-09: RYLA, Inn at VA Tech
Mar 15-17: District Conference at The Homestead Resort

END



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1063

96th YEAR OF "SERVICE ABOVE SELF"

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

October 03, 2018

Volume LXXII, Number 08

President Betty presided. Guests: prospective member Bill Kozak and wife Kathy; Anita Snider; and Marianne and Michael Gick, parents of Meghan Ryan. Spousal Guests: Nancy Lowe; Barbara Risser; Margaret Sayre; and Lynn Williams. Visiting Rotarian: Assistant Governor Marc Hudson. And delightful future members, two-year-old Anna and 9-month-old Danny Ryan, children of Meghan and David. Attendance: 10 guests and 14 members for a total attendance of 24, not counting the Ryan children.

Announcements and Business:

1. President Betty welcomed all and thanked Kappa Alpha Order for allowing us to use the site for our cookout. She also thanked the following: Joe and Lynn Williams for organizing this entire event; Bill Lowe for cooking the delicious steaks; and all others who brought food and/or wine to the cookout.
2. AG Marc Hudson installed Anita Snider as our newest member. Anita is the Administrative Assistant of the Executive Director of Kappa Alpha Order, National Administrative Offices. Don't forget to welcome her when you next encounter her at a meeting.
3. Brent Buswell, President of the Lexington-Rockbridge Jaycees, presented President Betty a check for \$6000 as our share of the profits from the 2018 Rockbridge Community Festival. This is the largest share we have ever received from participation in this project.
4. Prospective new members of the club:
 - (a) Bill Kozak, retired from US Coast Guard; recently moved to area to be near his son who replaces Paul Barron at the Marshall Library; sponsor, Joe Milo
 - (b) Mike Orrison, owner of Orrison Tree Service; sponsor, Kent
 - (c) Charlotte Sibold, Kendal; former member of the club; sponsor, Betty
 - (d) Charles Kostelni, Sales, Pulpwood; former member of the club; sponsor, Kent
5. Our District Newsletter is called **The Rotary Informer**. It contains the latest happenings around the District, including a calendar of events. To access the latest issue: go online to www.rotary7570.org; click on **WHO WE ARE** near the top of the page; on the drop down list, choose **District Newsletters**; on the drop down list, choose **October Newsletter 2018**.
6. Don't miss the profile and photo of Beverly Pitzer, selected as Team leader for the 2019 GSE Team to Taiwan, in the October issue of the Newsletter.

Program:

None, other than installation of new member Anita. Otherwise, there was just good food, fun, and fellowship. In your editor's opinion, this event continues to be one of the highlights of our Rotary year.

We splurged this year and had filets, and they were delicious – Bill Lowe did a fantastic job of grilling. The food fairy made sure we had a variety of delectable pot luck. And, if anyone just doesn't cook anymore, they were urged to come anyway. There is always plenty to eat. And a few bottles of wine and beer (BYOB) did not hurt.

Special thanks to our gracious hosts: Lynn and Joe Williams. They worked very hard to get everything set for our gathering. The setting was wonderful and President Betty ordered up perfect weather for the event. Thanks again, to all who had a hand in organizing this wonderful gathering.

Happy Bucks:

- Joe Milo had two comments: he hopes one or more of the Kozaks will join our club; and the cheese grits tonight were GREAT.
- Chip and Mary Honsinger have been away for 10 weeks: 6 weeks in Canada and New England and 4 weeks in Alaska; they did the Rotary bit while away.

- President Brent Buswell of the Lexington-Rockbridge Jaycees announced the 5th Annual Lexington Gobble Wobble 5k & Fun Run! on Thanksgiving Day 2018. They will be hosting both a 5k (walk or run) and children's Fun Run, making this a community event the whole family can participate in! So come out and enjoy the festivities, but don't worry, they'll still get you home in time to put the turkey in the oven! The event is open to runners/walkers of all abilities. Strollers welcome. Pets welcome.
- Joe Milo is looking forward to exceeding 100 runners at the 2019 Leprechaun Leap.
- Kent McMichael thanked Lynn and Joe Williams for making all the arrangements for tonight's cookout.
- Dick Minnix plugged his son's talk on "How to Build a Road Underwater" at 4:30 pm on October 22nd at Kendal. Some rather unique engineering features will be covered.
- AG Marc Hudson endorsed the appearance of RI President Barry Rassin at the District Foundation Dinner at VA Tech on December 7th.

Birthdays and Anniversaries in October:

Happy Birthday to: George Piegari on the 1st; Joe Milo on the 4th; David Krantz on the 7th; David Ryan on the 11th, Derek Carter on the 17th; and Connie Carter on the 27th.

Happy Anniversary to Margaret and Robert Sayre on the 27th.

A Retiree's Last Trip to Kroger:

Yesterday I was at my local Kroger's buying a large bag of Purina Dog Chow for my loyal pet, Jake, the Wonder Dog, and was in the check-out line when a woman behind me asked if I had a dog. What did she think...I had an elephant?

So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is, to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Kroger's won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

Future Programs & Activities:

Oct 13-14: District Interact Conference at SML, William H. Skelton 4-H Center

Oct 17: RI Convention by Mary & Chip Hjonsinger, RoD Betty McMichael

Oct 24: Highway Clean-up, Route 11S, start at NOON

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Dec 07: Rotary District Four-Way Test Speech Contest

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October 17, 2018

Volume LXXII, Number 09

President Betty presided. Guests: None. Visiting Rotarians: None. Attendance: 18 members. Meeting held at the Lexington Golf and Country Club (LGCC).

Announcements and Business:

1. As usual, our meeting began with the Pledge of Allegiance, singing God Bless America, followed by a moment of silence.
2. President Betty welcomed back Bill Stearns, returning from replacement and rehabilitation of a hip.
3. Bill Lowe circulated a sign-up sheet for our next Roadside Clean-up on 24 November and noted that, because of early loss of daylight, it would begin at NOON, lunchtime.
4. Henceforth, we will meet in the private, downstairs dining room just off the barroom and grill. LGCC will host an "Open Mike Night" upstairs on Wednesday nights where we used to meet.
5. Our District Newsletter is called **The Rotary Informer**. It contains the latest happenings around the District, including a calendar of events. To access the latest issue: go online to www.rotary7570.org; click on **WHO WE ARE** near the top of the page; on the drop down list, choose **District Newsletters**; on the drop down list, choose **October Newsletter 2018**.
6. Rotary was instrumental in ... creating the United Nations." A quote from page 48 of *the Rotarian* magazine's November issue which includes "A look back at how WWI unfolded in the pages of *the Rotarian*."
7. The Rotary Peace Fellowships program trains highly qualified professionals to become agents of peace. To learn more, go to rotary.org/peace-fellowships.
8. The Rotary Rose Parade Float Committee has promoted Rotary to the world since 1980. Rhonda Panczyk, home club of Rochester Michigan, was one of 18 that accompanied our **2018 award winning float** on New Year's Day. Read more about Rhonda and her experiences at www.RotaryFloat.org/Rotarian.

Minute for Rotary:

President Betty suggests we review **The Object of Rotary**, **The Four Way Test**, and the **Rotarian Code of Conduct** in the Service Above Self column that appears early in *the Rotarian* magazine.

She related some of the history of the four way test: An actual family business was failing and the Board of Directors called a meeting of all officers and employees and asked them to come up with a scheme to save the business. They produced the four way test and decided to apply it to company operations. The company recovered and prospered thereafter.

Leprechaun Leap:

Joe Milo recruited several more members for his committee, with the following final lineup:

Awards Coordinator: Julie Goyette

Route Coordinator: Betty McMichael

Race Timer: Skip Ravenhorst

Swag Coordinator: Anita Snider

Sponsor Coordinator: Julia Van de Water, Kent McMichael. Stewart Fleming

Publicity Coordinator: Allan Somerville Brown

Food and Entertainment Coordinator: Mary and/or Chip Honsinger

Race Consultant: Amir

Coordinator Coordinator/Chair: Joe Milo

By common consent, the Committee agreed to meet at 5:30 pm on November 7, prior to our next regular club meeting.

Program:

Our own Chip Honsinger spoke about the 2018 International Rotary Convention (June 24-27) in Toronto which he and Partner Mary attended. Chip keeps a daily journal during their many travels; the following is gleaned from his journal:

Opened with a flag ceremony that presented the flags of the Rotary World, one flag at a time, followed by the Canadian (host country) and Australian (RI president's home country) national anthems. This was the 5th RI Convention held in Toronto.

Royal Princess Anne spoke at the second opening session, thanking RI for fighting polio. RI General Secretary Hewko then explained that providing water is peace building (avoiding conflict). While RI has concentrated on providing clean water, we also need to focus on sanitation and how to dispose of dirty water.

"In 2014, the winning entry in the largest undergraduate invention competition in the US was a toilet—and a Rotary Scholar led the group that designed it. Nearly half the world's population doesn't have access to safe and hygienic toilets. Women are often disproportionately affected by the lack of sanitation, whether it's because of social stigma around hygiene, the expectations to be clean during menstruation, or unsafe practices that lead to infertility. Jasmine Burton and her product design team developed the SafiChoo, a plastic toilet that took first place and the People's Choice Award at Georgia Tech's InVenture competition." For the full story, see "Nothing Wasted" in the November issue of *the Rotarian* magazine. .

This is the 50th anniversary of the formation of Rotaract clubs. A panel of Rotaractors discussed some of the issues facing them. There are about 250,000 Rotaractors in the world in about 10,000 clubs. Since 2016 they may have dual membership in both Rotaract and Rotary clubs. **Rotaractors are not only the future of Rotary but also the present.** They are making a difference. What do Rotarians need to do to attract Rotaractors into Rotary? – befriend them, interact, engage, and involve them in projects. What are the barriers for Rotaractors to become Rotarians? Time and money. "Being president of a Rotaract club is a one-year path to an MBA." One learns project management skills, leadership, etc.

The Director-General of the World Health Organization (WHO) was the next speaker. He said that more than half of the world's population lacks access to adequate health care. The top priority of WHO is universal health coverage. We need to protect the healthy people and "eradicate the scourge of public health – inequality." In Polio-Plus, the Plus means the maintenance of a polio-free world, which will be costly for many years to come.

The Council on Legislation (COL) meets every three years and is next scheduled for April, 2018. It is made up of representatives from every Rotary district. It debates and votes on enactments, which are changes to RI constitution and bylaws, and club bylaws. Proposals for 2019 include: change COL to meet every two years with alternating half of districts represented each time; admit whole Rotaract clubs to be Rotary clubs.

On Tuesday, Laura Bush gave a wonderful speech on the Power of Education. She said every child deserves education and a safe and healthy childhood. Progress in everything is grounded in education and literacy.

A survey of more than a million persons, including Rotarians, led to a new vision statement for RI: **Together we see a world where people unite to create lasting change across the globe, in our communities, and in ourselves.** Rotary needs to expand its reach, find other ways to engage besides through clubs. Mention was made of lack of continuity due to one-year terms of office. Incoming President Barry Rassin (from Bahamas) wants to double the number of Rotaractors during his term of office. By the way, Rotaractors do not pay dues to RI.

On Wednesday, the master of ceremonies, a lady Rotaractor from Germany, quipped about not only Service Above Self but also Service Without Sleep! (Chip thought she did an outstanding job as MC.)

Helen Clark, former prime minister of New Zealand, was asked why should we care if our leaders are women or men. She responded that the leadership should look like the organization it represents.

She said one of our goals should be sustainable energy for everyone. Food security, support resilience for farmers, or more broadly, resilience to disaster.

The Rotary Foundation Trustee Chair reported only 11 new cases of polio this year. We need 36 months with none in order to declare the world polio-free. Rotarians have donated almost \$50M this year toward this goal. One generous donor from India gave another \$1M, now a total of \$11M. Prime Minister Justin Trudeau of Canada praised Rotary for working to rid the world of polio. Canada was the first government to commit to polio eradication; they have contributed \$750M, third largest supporter. Although American Dr. Salk developed the vaccine, it was Canadian Dr. Leon Farrell who devised the way to mass produce it. He also made the point that including women was not only the right thing to do, it was the smart thing.

At the Closing Ceremony, attendance was announced at 25,262. Mark Maloney, 2019-20 RI President, remarked that we need people of all ages not only to serve but also to lead, This is a time of transition – PolioPlus ending, changing term of COL, integration of Rotaractors, and updating RI areas of focus. Six areas of focus: economic development, health, literacy, peace, water, and women and children. Barry Bassin, RI President in 2018-19 from the Bahamas, talked about Rotarians being the “inspiration” to make the world a better place. He asked each Rotarian to be an agent of change, to inspire the younger generation. All people need to pay more attention to sustainability. He noted that 80% of his Bahamas are less than one meter above sea level, and will be under water by 2100.

Why do we stay in Rotary? – friendship, work (service), and our values. We want our children to live in safety, prosperity, and peace.

Happy Bucks:

- Bill Lowe was happy on multiple counts: for his internist cousin who went to Uganda with a church group for a week and treated more than 800 patients; for the perseverance of an Alabama high school football player who sang the national anthem acapello (badly) before a game on Friday night; and for his alma mater, Auburn University, who apparently has decided to improve the win records of its SEC football opponents.
- Julie Goyette was happy that Betty and Kent had decided to waive their rule of 85 exemption and pay for any meals they miss..
- Mary Honsinger was happy to visit the Gates Foundation in Seattle on one of their trips and see so much evidence of Rotary although it was not specifically identified as Rotary
- Joe Williams was happy with all the food members brought to our club cookout, and with the expert steak grilling by Chef Bill Lowe – how did he get them all ready at the same time?
- David Ryan was happy to survive 14 hours in the car with the kids last weekend on a trip to a family wedding in Ohio; was great to see old friends and have children meet and play with cousins.
- Robert Sayre was happy that the program tonight brought back fond memories of attendance at an RI convention in LA 55 years ago (as president, his club paid his way!); and he attended a second in Calgary later.
- Joe Milo praised the beautiful weather today and the excellent food tonight.
- Julia Van de Water remembered that her father also attended an RI convention when president but his club only supported him with \$100.
- Chip Honsinger gave a vote of confidence to Joe Williams and his picnic food because his church recently had a picnic and split the alphabet for members to bring veggies and desserts; the result was severely unbalanced: 3 veggies and about 40 desserts.
- Dick Minnix reminded members of the upcoming election and urged all to vote often!
- Betty McMichael was happy on multiple counts: she apologized to Robert Sayre for calling him Bill earlier; she reported that Kent had an operation early ;on Monday morn to remove 2 tumors from glands on the side of his face -- everything went great, no paralysis of other complications – SUPER RESULT; they returned home late on Sunday night after a quick trip to Kent, CT, for a memorial service for a cousin – she hadn’t seen many of the relatives for 30 years; thanks to Joe and Lynn Williams who not only organized the picnic but cut and wrapped the steaks – a wonderful job; and to Bill and everybody else who brought food..

105 year-old Woman's Remedies To Her Health:

"For better digestion – I drink beer. In the case of appetite loss, I drink white wine. In the case of low blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."

"When do you drink water?"

"I've never been that sick!"

Future Programs & Activities:

Oct 24: Highway Clean-up, Route 11S, start at NOON

Oct 31: NO MEETING

Nov 07: Identifying Veteran's Graves by President Betty and Kent McMichael

Nov 09: Place Flags on Graves in Evergreen & Jackson Cemeteries, Veteran's Day

Nov 14: Pick Up Flags from Veteran's Graves

Nov 21: NO MEETING

Nov 28: RARA Update by John Trudgeon, RoD Betty McMichael

Dec 07: District Foundation Dinner at VA TECH; cost \$85/person; speaker: RI President Barry Rassin

Dec 07: Rotary District Four-Way Test Speech Contest

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Mar 15-17: District Conference at The Homestead Resort

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

November 07, 2018

Volume LXXII, Number 10

President Betty presided. Guests: None. Visiting Rotarians: None. Attendance: 17 members. Meeting held at the Lexington Golf and Country Club (LGCC).

Announcements and Business:

1. Henceforth, we will meet in the private, downstairs dining room just off the barroom and grill. LGCC will host an "Open Mike Night" upstairs on Wednesday nights where we used to meet.
5. Our District Newsletter is called ***The Rotary Informer***. It contains the latest happenings around the District, including a calendar of events. To access the latest issue: go online to **www.rotary7570.org**; click on **WHO WE ARE** near the top of the page; on the drop down list, choose **District Newsletters**; on the drop down list, choose **October Newsletter 2018**.
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Program:

President Betty and Partner Kent gave a presentation on "Identifying Veteran's Graves" in preparation for our club placing flags in Evergreen and Stonewall Jackson Cemeteries this week. They had numerous slides taken in the cemeteries to illustrate various circumstances encountered in deciding if and where to place a flag.

Work will begin at 3:30 pm on each day, 9 and 14 November. Come on out and HELP!

Happy Bucks:

- Joe Milo lamented that "the grass needs mowing."

Pot:

Julia Van de Water won the raffle but not the BIG pot that now totals \$187 (not sure of total – last time we drew was in August).

Nine Important Facts to Remember as We Grow Older:

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please remember that right is right, even if nobody is doing it and wrong is wrong, even if everyone is doing it. (Thanks to Scott Risser.)

Future Programs & Activities:

- Nov 09: Place Flags on Graves in Lexington Cemeteries, Veteran's Day, 3:30 pm**
- Nov 14: Pick Up Flags from Veteran's Graves, 3:30 pm**
- Nov 21: NO MEETING**
- Nov 28: RARA Update by John Trudgeon, RoD Betty McMichael**
- Dec 05: Drug Familiarization & Identification; Lt. Steve Funkhouser, R'bridge County Sheriff's Dept.**
- Dec 07: District Foundation Dinner at VA TECH; cost \$85/person; speaker: RI President Barry Rassin**
- Dec 07: Rotary District Four-Way Test Speech Contest**
- Dec 07-09: RYLA, Inn at VA Tech**
- Dec 19: Club Christmas Party, Sunnyside House at Kendal**
- Mar 15-17: District Conference at The Homestead Resort**

END

November 28, 2018

President Betty presided. Guests: Our speaker was John Trudgeon Executive Director of the Rockbridge Area Recreation Organization. Visiting Rotarians: None. Guests: Two, Nancy Lowe, Bills wife and Ab Hammond the president of Rockbridge Christmas Baskets. In attendance were 17 members for a total of 20. Meeting held at the Lexington Golf and Country Club (LG&CC).

Announcements and Business:

1. John Tucker stood up with a very heavy heart to announce that Dick Minnix had passed away in UVA hospital at 10am in the morning. Fortunately, John and Ray Carpenter both close friends of Dick's had spent time the day before visiting Dick and reported that Dick had been in good spirits and able to converse. There is no word yet on the arrangements for the funeral, but the memorial service is expected to take place on Saturday December 8th at the Lexington Presbyterian church and will be confirmed at a later date.
2. Bill Lowe ask for ideas for a service project or a Business tour in January. Ideas to Bill or Betty please.
3. Betty announced a special presentation and pulled out a very large check for \$5,000 which she was very pleased to present to Ab Hammond the president of Rockbridge Christmas Baskets, a past member of Lexington Rotary, who very graciously accepted on behalf of the many people who will benefit this Christmas.
4. Joe Milo confirmed there would be a Leprechaun Leap committee meeting at 5:30pm before the next rotary meeting on December 5th at LG&CC.
5. The Christmas party this year will be a pot luck event to be held at Sunnyside house, Kendal at 6pm on December 19th. Guests are welcome. all members should bring a libation of choice to share. Joe Williams and his wife will coordinate the food with participants.

Program:

Betty was the RoD but was too upset by the news today so Kent took over and he provided the usual jovial style introduction to our speaker John Trudgeon Executive Director of Rockbridge Area Recreational Organization. John Leads the effort to provide facilities for a wide variety of sports for the young people of Rockbridge county including Lexington & Buena Vista. John's talk highlighted the large project he and his team have been absorbed in for the last four and a half years. The project was to convert an unused piece of land behind the houses in Houston street, near Brewbaker field to be used as a multipurpose practice area now called the Brewbaker Annex. They managed to raise the staggering sum of \$170,000 to purchase the land which required planning permission and local approvals before the work could start to grade the land to become level enough and suitable for sports activities. Drainage was put in to both the annex and the Brewbaker field. Last July Bermuda grass was sown and to Johns amazement was mostly green all over within 30 days and should be ready for use by the spring season in 2019. Bermuda Grass was chosen as it is particularly suited to the hard wear it will take as a practice field. But a special lawn mower for cutting Bermuda grass called a Reel Mower had to be purchased.

Happy Bucks:

- Chip Honsinger gave a dollar for Mary who is making progress steadily after having her left knee replaced some weeks ago and is now managing to walk with aid of a cane.
- Mary added a dollar and thanked her nurse as he has been wonderful for all that he has done and does for her
- Scott Risser put in two dollars thanking our speaker for first being a fine coach at VMI and second all that he does for the community through RARO.
- John Tucker put in a dollar for Dick Minnix remembering he, Dick & Ray Carpenter regularly enjoy dinner together with their wives, but since then the wives have all passed and that left 3 old cadgers sitting at a table for 6 at Kendall. Ray and John have now moved to a table for 2 after Dick's passing
- John put another dollar in for Chip Honsinger as Ray & John really appreciate Chip driving them to see Dick on Tuesday
- Julie Goyette put in a happy buck for Rocky presenting the wonderful RARO work being done for the young people.
- Kent gave a dollar for Veterans Day and really appreciated all those who put in the flags. It rained before but fortunately stopped when everyone showed up and only got their feet wet. Kent appreciated Chip for cleaning up the flags at the cemetery, he cleaned up our flags, everyone's flags and their flags. Kent took 2 small flags back to the cemetery. We look forward to Memorial Day to put in flags again.
- Bill Lowe added two dollars one for John Trudgeon (Rocky) and all he does. Also, one for Ab Hammond for all he does for Christmas baskets that we will all be participating in shortly.
- Meghan gave a dollar for Dick who was a special Rotarian and she always enjoyed speaking with him.
- Ab Hammond put in a dollar for John Tucker as at church he has the pleasure to sit near John most Sundays.

There was no 50/50 draw this week.

Future Programs & Activities:

Dec 05: Drug Familiarization & Identification; Lt. Steve Funkhouser, Rockbridge County Sheriff's Dept.

Dec 07: District Foundation Dinner at VA TECH; cost \$85/person; speaker: RI President Barry Rassin

Dec 07: Rotary District Four-Way Test Speech Contest

Dec 07-09: RYLA, Inn at VA Tech

Dec 15: Christmas Basket Program

Dec 19: Club Christmas Party, Sunnyside House at Kendal

Mar 15-17: District Conference at the Homestead Resort