



Live Steam

Rotary Club of Pittsburgh, District 7300

Chartered in 1911 as the 20th Club. Today, one of 33,135 worldwide.

Volume LXXXX

470

April 18, 2012

ROTARY BUSINESS CENTER & CLUB OFFICE

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Hours:

Monday–Friday | 8:30am-5:00pm

Rotary is a leader in making Pittsburgh a place where every young person has an opportunity to succeed.

ROTARY LEADERSHIP

2011-2012 Officers

Andy Dlinn, *President*
Ray Amelio, *President Elect*
Greg Boulos, *1st VP*
Kirk Chambers, *Secretary*
Mark Uebele, *Treasurer*
Krista Foster, *Sergeant-at Arms*
Linda Fischer, *Past President*

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Terry Dougan

President of Rotary International

Kaylan Banerjee
www.rotary.org

District 7300 Governor

Sue Kelly
www.district7300.org

LAST MEETING: 4/11/12

By: John Chamberlin



The meeting of the Rotary Club of Pittsburgh, founded in 1910, chartered in 1911 as the 20th club in the world was called to order and it was one busy meeting.

Lou Walsh provided a tribute to Tom Wilson, Past Club President, who recently passed away. Cheri Moshier then provided the invocation and Al McIvor lead us in song with Jim Hall on the piano. But this was not JUST a song. This was sung to the tune of “Happy Days Are Here Again” but the words were in honor of the Penguins playoff run, “Hockey Days Are Here Again!” It was an entire rewrite of the original song and guess who wrote the words????????????? Our very own Terry Dougan!!!

President Andy recognized those folks that provided support to the Caring Habits project this week: Kirk Chambers, Linda Fischer, Jim Ludwig, Ben Luffey, Cherie Moshier, Karl Ohrman, Kishor Pokharna and Robin Zoufalik.

Andy reminded everyone to keep June 7th open for the Marcellus Shale panel discussion. It will be hosted by Bill Flanagan.

Jim Ludwig stepped in as the secretary for the meeting and provided the lists of guests, birthdays and club anniversaries.

Linda Fischer then came to the podium to honor “THE” Richard Dixon. Rich was recognized as a Paul Harris Fellow plus 6. Congratulations Richard!

John Chamberlin then introduced our speaker of the day, Dr. Bridget Chufo, President of Healthy Performance. Dr. Chufo’s topic was “Safe, fast and simple ways to become healthier.”

- The color of your plate affects your appetite:
 - Blue = less appetizing therefore you eat less
 - Orange and Red = more appetizing and therefore you eat more
- Corporate competitions are proven to be a great way to get healthy/lose weight.
- According to the National Institute of Health, 2/3 of adults in U.S. are obese.
- 331 decisions are made per day about food, including opening the fridge and perusing the fridge contents, your food service size and whether you will eat directly from the bag or box OR eat from a plate or bowl.
- Water is a key component for life. How much should you drink? There is no real research on this but, Duke University suggests to drink half of all your body weight, in oz, of water per day.
- Duke University is the nation’s capital for weight loss research.
- 30lbs per year can be lost with small diet changes, such as leaving 3 bites of food on your plate.
- Diet Soda is worse than regular soda due to the toxins.
- The average person walks 2,000 steps per day. Everyone should do 10,000 steps per day.

Dr. Chufo was inundated with questions during and after her presentation. So if you would like more info about her or her company, please go to www.HealthyPerformance.net

Have a great Rotary week!



NEXT MEETING

Date: April 18, 2012
Speaker: Steve Wirth
Title: President & CEO
Organization: SynergIT
Topic: “Explaining the Cloud”





It's a Great Day for Rotary!

UPCOMING EVENTS & MEETINGS

Event: Board of Directors Meeting
 Date: April 19th
 Time: 5:30 pm
 Location: Third Floor Conference Room

Event: New Citizens Reception
 Date: April 20th
 Time: 10:30 – 11:30 am
 Location: Lawrence Welk Room

FUTURE PROGRAMS

WEDNESDAY APRIL 25TH

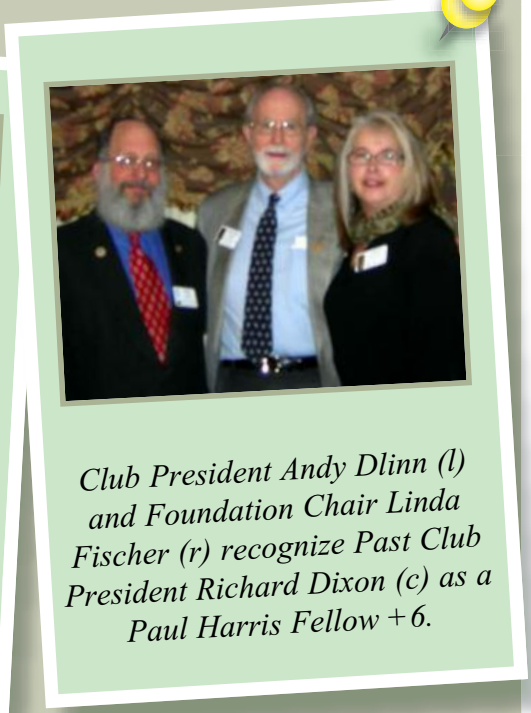
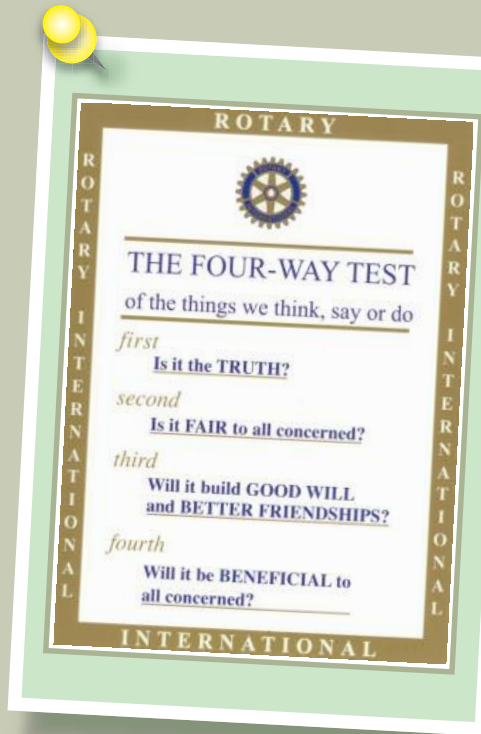
Jenn Carr
 Program Manager
 Community Auto

WEDNESDAY MAY 2ND

Brian Goin
 COO
 PGA Constellation Senior Players Championship

WEDNESDAY MAY 9TH

Mike Gasaway
 Author and Movie Director



Club President Andy Dlinn (l) and Foundation Chair Linda Fischer (r) recognize Past Club President Richard Dixon (c) as a Paul Harris Fellow +6.

BIRTHDAYS
 Dave Handler April 16th
 Ells Bowser April 17th

ANNIVERSARIES
 Cal Stuckeman 60 years
 Ben Luffey 4 years

IKON

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*Rotarian: Saul Kurtz
 of Blessed Memory*

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For more information about the Rotary Club of Pittsburgh or if you're interested in joining, visit our website at www.pittsburghrotary.org or call the Rotary office at (412) 471-6210.