



# Live Steam

## Rotary Club of Pittsburgh, District 7300

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

Volume LXXXX

# 418

April 6, 2011

### 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 2010-2011 Officers

Linda Fischer, *President*  
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Ray Amelio, *1st VP*  
Jim Ludwig, *Secretary*  
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Jeff Martin  
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Mary Jo Corsetti  
Stacey Riscoe  
Lynne Scanga

#### Executive Director

Terry Dougan

#### President of Rotary International

Ray Klinginsmith  
www.rotary.org

#### District 7300 Governor

Cindy Sakala  
www.district7300.org



### LAST MEETING: 3/30/11

By: *Bill Meyer*

The meeting was opened by President **LINDA FISCHER** who reminded us that the 2010-2011 Rotary theme is Building Communities – Building Continents. The invocation was given by **PATTY DEMARCO**. The Caring

Habits next meeting is at the South Hills Middle School on April 12th at 9:00 a.m. -volunteers are needed. Incoming President **ANDY DLINN** then briefly outlined the Rotary International pilot program which our Club has agreed to try. It would approve a corporate membership and in that way any member of the corporation could attend the meeting and become involved in Rotary. This will help bring more members into the Club and also potentially have more downtown corporations involved in the Club. If the program does not work we can always drop it after six months. He asked for a vote of the members who approved trying this procedure and with the show of hands at the meeting the Club approved this program for next year. **RICHARD DIXON** then led a spirited auction for two donations of tickets from **AL WELLS** for the Symphony and also the Broadway series. **JACK MILLER** then advised us that August 21st is Rotary Club of Pittsburgh Day at PNC Park. The Club has reserved 200 tickets. Tickets are \$13 each or \$10 each with a purchase of 6 or more. You can sponsor a loved one under the age of 15 to come on the field and be with a player during the National Anthem. See Jack for more details

We then heard from Lauren Pucci who had been a Rotary Ambassador Scholar in 2005-06 in Cairo, Egypt. She told us about her experiences there and because she spoke Arabic she was able to build many bridges between our country and Egypt. She has also been involved in projects for the UN in Afghanistan working at orphanages and in Lebanon working at refugee camps. The whole idea of Rotary

Ambassador Scholarships is to help people get out and learn about other countries and in the process the other countries will learn about our bright young people as well. She is currently seeking a Rotary Peace Fellowship and seeks our Club's endorsement. After her talk the Club unanimously endorsed her Fellowship.

**ROBIN ZOUFALIK** then introduced our speaker, John Miller, Project Manager for the Chronic Disease Self Management Program sponsored by the Allegheny County Department of Human Services. The program is also known as "Better Choices, Better Health". This program was developed by Stanford University and has been very successful across the country. What it does is seek Allegheny County residents 60 years and older who are afflicted with chronic health problems such as diabetes, high blood pressure, arthritis, heart disease, stroke and other maladies to attend work shops given 2½ hrs. once a week for six weeks in community settings such as senior centers, churches, libraries and hospitals. The work shops are taught by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. The subjects covered in these workshops include: techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and their health professional; nutrition; and how to evaluate new treatments. These workshops are free and according to testimonials read by Mr. Miller from persons who have attended the workshops have been very beneficial. With the aging population living in Allegheny County, these workshops sound like a very positive program for our senior citizens who are so afflicted. Mr. Miller would be glad to have any of our members who themselves might be interested in leading the workshops or attending. He can be contacted at (412) 350-4242.

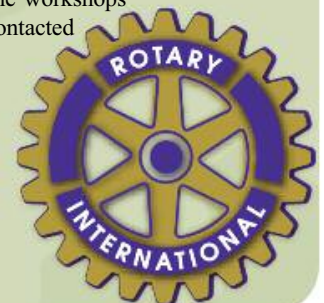


### NEXT MEETING

Date: April 6, 2011

Speaker: Mike Smith

Topic: Chuck Tanner Event Kick-Off Meeting





# It's a Great Day for Rotary!

## **UPCOMING EVENTS & MEETINGS**

Event: Caring Habits  
Date: April 12th  
Time: 9 am  
Location: South Hills Middle School

## **FUTURE PROGRAMS**

### **WEDNESDAY APRIL 13TH**

Myron Rickens  
Director  
Prehospital Care Program  
UPMC

### **WEDNESDAY APRIL 20TH**

Ryan Quinn  
Pittsburgh Rotary Scholarship Winner  
Now a Successful Film Maker

### **WEDNESDAY APRIL 27TH**

John Felmy  
Chief Economist  
American Petroleum Institute

## **CLUB BIRTHDAYS**

Vince Kasievich . . April 5th  
Cherie Moshier . . . April 8th

## **CLUB ANNIVERSARIES**

Danika Wukich . . . . . 1 year

## **NEW MEMBER APPLICATION**

*Demetria Pappas*

Co - Founder  
Mother, May I  
PO Box 13283  
Pittsburgh, PA 15243  
mmipgh@gmail.com  
Sponsor: Ethan Nicholas

## **NEW MEMBER APPLICATION**

*Robert Brandfass*

Executive Vice President  
and General Counsel  
West Penn Allegheny  
Health System  
30 Isabella Street  
Pittsburgh, PA 15212  
Ripon83@comcast.net  
Sponsor: Stacy Riscoe



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*Rotarian: Saul Kurtz  
of Blessed Memory*

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**Ralph F. Manning, Esq.**  
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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](http://www.pittsburghrotary.org) or call the Rotary office at (412) 471-6210.*