



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

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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.

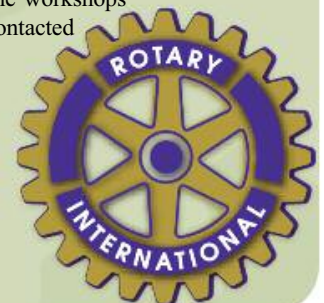


NEXT MEETING

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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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.