



Live Steam

Rotary Club of Pittsburgh, District 7300

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

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August 31, 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.*

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LAST MEETING: 8/24/11 By Ben Luffey

President Andy opened the meeting and was followed by **Jack Miller** who gave the invocation this week. **Alan McIvor** then led the club in the pledge and a soon to be new hit single- a Rotary revised version of Sam Cooke's "Wonderful World".

Jack Miller then sent out special thanks to **Richard Dixon** and **Sam Reich** for sponsoring kids at last Sunday's Rotary Club of Pittsburgh Day at PNC Park as well as to all those who attended. All 200 tickets were used and the club raised just over \$1000.

President Andy then thanked all the Rotarians who helped out with the New Citizens Reception last Friday and they included: Committee Chair **Cherie Moshier**, **Ed Nazareth**, **Michael Marmo**, **Richard Dixon**, **Phyllis Comer**, **Alan McIvor**, **Patty Naleppa**, **Lou Walsh** and non-Rotarians **Patrick Loughney** and **Molly Macioce**.

Past President Linda Fischer then introduced **Laura Cody**, a nursing student at Duquesne University, who had recently visited the Roberto Clemente Health Clinic in Nicaragua which was established and built by our club. She spent a week there with Dr. Flores who runs the clinic which on average serves 40 patients a day. The clinic is hoping to expand, adding an additional room to see patients and an operating facility. **Laura** is hoping to raise money to support these efforts and to also reengage the Pittsburgh Rotary Club in support of the clinic.

Past President Karl Ohrman then came up to introduce the speaker, **Wayne Kurtz**, President of **Karlsberg International Insurance Company**. To lay the groundwork for his discussion on goal setting **Wayne** talked about his experience as a Super Triathlete. This extreme sport involves participants taking part in a series of triathlons which can continue for a week or more. In one recent event in Italy **Wayne** swam 2.2 miles, biked 112 miles, and then ran a full marathon (26 miles). He then repeated that every day for 10 days averaging just 2 ½ hrs of sleep each night during that time!

Wayne then discussed goal setting, not only for business but also for an individual's personal/family goals. Among the keys to success that **Wayne** shared with were the following:

- Write your goals down everyday
- Say your goals out loud everyday

While this seems simple, studies have shown that people who do this increase their performance by 25%.

Wayne then went into further detail on how to keep and maintain your goals as well as how to adjust them over time. For those club members who are interested **Wayne** was making his power point presentation available to any club members who wanted a copy, just email **Terry**.

President Andy then called the meeting to a close with the 4 Way Test and a reminder of our upcoming Rotary Awareness event on Aug 29th at the Rivers Club featuring motivational speaker **Kivi Bernhard**. He asked that everyone attend and bring a guest!



NEXT MEETING

Date: August 31, 2011

Speaker: Greg Quatchak

Title: CEO

Organization: Civil & Environmental Consultants, Inc.

Topic: "There are Great Things Happening in Western Pennsylvania"





It's a Great Day for Rotary!

UPCOMING EVENTS & MEETINGS

Event: Chuck Tanner Event Committee Meeting
 Date: September 1st
 Time: 11:00 am
 Location: Rivers Club

FUTURE PROGRAMS

WEDNESDAY SEPT. 7TH
 To Be Determined

WEDNESDAY SEPT. 14TH
 District 7300 Governor Sue Kelly

WEDNESDAY SEPT. 21ST
 Rich Stinson
 President of Power Distributions Operations
 Eaton Corp.

NEW MEMBER APPLICATION

Barbara Johnson
 Attorney
 555 Grant Street, Suite 323
 Pittsburgh, PA 15219
 bejohnsonesq@aol.com
 Sponsor: Andy Dlinn



Rotary Club of Pittsburgh Day at PNC Park August 21, 2011 - Thanks to the generosity of Pittsburgh Rotarians and their friends; Andrew Wolkiewicz, Chae Denault, Devin Gilfoyle, Jack Filter, Jordan Brown, Ethan Filter, Michael Summers, Katie Chemsak and Parker Chambers were at field level during the National Anthem. Photo courtesy of Pittsburgh Pirates Ball Club.


CLUB BIRTHDAYS

John Rodgers September 1st
 Michael Marmo September 3rd

CLUB ANNIVERSARIES

Bob Overbaugh 21 years
 Ray Steeb 19 years
 Guy Tumolo 17 years
 Alan McIvor 9 years

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.



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 Rotarian: Saul Kurtz of Blessed Memory

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