



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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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

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LAST MEETING: 12/7/11

By Bill Meyer

The meeting was called to order by President **ANDY DLINN**. A moving invocation was given by **DICK HODGDON** reminding us that 70 years ago today, at approximately this time the Japanese bombed Pearl Harbor. The pledge was led by **DR. "Bowtie" BOWSER** who also led us in the singing of Silver Bells accompanied by **JIM HALL** on the piano. **ANDY** announced that **DAVID KILPATRICK'S** mother, Dorothy, recently passed away. A card was sent around so that we could all express our condolences to Dave. Next Monday, December 12th will be the Annual Christmas Holiday Party to be held at the LeMont and features thanks to Member **JAMES GOURLAY** the River City Brass Band. There will be no meeting at the hotel on December 14th. The New Citizens reception will be held on the 16th of December at 11:30 in the Lawrence Welk Room. Volunteers are always needed, as are they for the Caring Habits program which will be held on December 13th at 9:00 a.m. at the South Hills Middle School. There were lots of good news from the floor including sons and daughters-in-laws getting jobs, grandchildren being born, awards presented and jobs sought.

Secretary **MARGARET DELEEUEW** gave this week's announcements and the introductions of guests and visitors. **BOB OVERBAUGH**, Chairman of the Nominating Committee asked for the Club members to give nominations for next year's Board of Directors and Officers and in particular the President Elect. You can contact Bob directly with any suggestions you may have for such nominations. **LINDA FISCHER** then reminded us that this is the time for members to make contributions to our Club's foundation for all of the good things we do locally, such as the New Citizens Reception, Caring Habits, etc.

This month's Student of Distinction was awarded to Kevin Mechas, a senior at Bishop Canevin High School. Kevin won the award because of his exemplary grades, his four sport participa-

tion and his good extra-curricular activities.

KARL OHRMAN then introduced our newest member, **LARRY STORY**, who is the Tocqueville officer of the United Way of Allegheny County. Welcome to the Club Larry!

PATTY NALEPPA then introduced today's speaker, Dr. Gerard Myers, Director of the Pain Control Center of Pittsburgh. His general topic was lower back pain and how it is treated. On an average 8 to 37% of adults have some type of lower back pain. Many have chronic back pain which means severe back pain for at least three months.

The treatment for such pains varies depending upon where the pain is and how severe it is. Generally, he treats back pain using epidurals which means injecting medication into the back tissue or disk. He considers himself a pain jockey using needles very carefully. In order to do such procedures the doctor must be qualified to perform them. A machine called a fluoroscopic is used to guide the needle so that it reaches the proper spot for the injection. Without the use of such machine, a patient should object to the use of a needle into his or her back.

Dr. Myers also suggested that before physical therapy proceeds you should have been treated with injections. He could not over-emphasize the point that before you are injected you must make sure that the person who is doing it is in fact qualified to do it and has the property equipment and machines to guide his injection.

In the question and answer period it was interesting that Dr. Myers felt that the most important person in the operating room is not the surgeon but the anesthesiologist because your life is in his hands.

In order to prevent back pain, Dr. Myers suggests that everyone should stretch at least ten minutes every day.



NEXT MEETING

Holiday Party
Monday December 12th
6:00 pm
LeMont Restaurant
1114 Grandview Avenue





It's a Great Day for Rotary!

UPCOMING EVENTS & MEETINGS

Event: Caring Habits
 Date: December 13th
 Time: 9:00 am
 Location: South Hills Middle School

Event: New Citizens Reception
 Date: December 16th
 Time: 10:30 – 11:30 am
 Location: Lawrence Welk Room

FUTURE PROGRAMS

WEDNESDAY DECEMBER 21ST
 Club Assembly

WEDNESDAY DECEMBER 28TH
 No Meeting
 Happy Holidays!

WEDNESDAY JANUARY 4TH
 Peter Kriss
 Ph.D. Candidate, Behavioral Decision Research
 Carnegie Mellon University



Club President Andy Dlinn and Bishop Canevin Guidance Counselor Natalie Liptak recognize Kevin Mechas as a Student of Distinction



WELCOME NEW MEMBER

Larry Story

Job Title and Company: Tocqueville Officer for the United Way of Allegheny County
Brief description of work responsibilities: Major gifts fundraising
Family: Wife Joyce, children Kyle and Ryan
Hobbies and Interests: Exercising – bicycle, lacrosse coaching
Rotary Committees signed up for: Social & Networking, New Citizens Reception and Caring Habits
Something about yourself that Rotarians don't know: Was an "employee" of Donald Trump while coaching for the NJ Generals of the USFL.

BIRTHDAYS
 JUSTIN GARLOW
 DECEMBER 11TH

CLUB ANNIVERSARIES
 RICHARD DIXON
 25 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.