

# Rotary



## District 7305

The Connector - March 2023



## IMAGINE ROTARY

### We Are a District of Action

What exactly does that mean? Everyday we have a choice to make it a great day for ourselves, our family, our community and our world. As Rotarians we know that to be true. We help so many. Be it through our District Grants and Global Grants, through our fundraisers, through Interact, Youth Exchange, RYLA and so much more!

On July 1, 2022 we had 1841 members. As of February 20, 2023 we have increased our District to 1873 Rotarians. We are growing!

Our day-long District Membership Summit last month gave attendees so much to think about. Like any successful business we have to look internally. Are we supplying our customers with a product that they want? Or, are we putting the same product out and asking why no one is buying it? Similarly, are our repeat customers (current members) engaged? Do we make them feel like they are part of the club? Do we ask them if they are getting what they want from Rotary? We should be (and not when they are ghosting our meetings or handing in their resignation). Every club member wants to be included, wants to be heard, and may want to do more. They may just not know how.

Now is the time to do some *Spring Cleaning* on your club's social media presence. Check your club website and Facebook page. Is the information current? Is it reflecting all of the good work that your club is doing? Upcoming fundraisers? Club meeting highlights?

#### Quote of the Month:

*"We should not live for ourselves alone, but for the joy of doing good for others." Arch Klumph*



As we enter the last quarter of the Rotary year we have a busy schedule ahead. We have PETS next week followed by The Rotary Foundation Luncheon on March 26, and District Assembly on April 29.

We have our two RYLA's happening at LaRoche University June 18-23 and at Outdoor Odyssey June 25-30. Do you know student who you would like to send to RYLA? Have them visit [www.ryla7305.org](http://www.ryla7305.org).

to learn about the programs offered by our district and have them submit their application. Also on the RYLA website are testimonials from previous RYLA participants. The student sponsorship cost this year is \$550 per student.

Capping off the year, I am personally inviting you to celebrate the Rotary year at our District Conference, June 23-25 at Sheraton Station Square. There will be breakouts on public image, youth programming, thinking outside of the box, and so much more. You will learn more about what Rotary has to offer from speakers in our Zone, our district, and from friends that I've made along my Rotary journey.

Looking forward to seeing and celebrating Rotary with you and your families. District Governor Marie Fallon

### Rotary: Water & Sanitation

The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in your own backyard:

#### **WASH Global Grant Projects:**

Since 2013, The Rotary Foundation has invested in more than \$130 million in over 2000 projects worldwide. Through this investment, our volunteers of action have improved access to safely managed and basic WASH services to communities, schools and healthcare facilities, while protecting and conserving water resources.

#### **Rotary-USAID WASH Partnership:**

Rotary and the United States Agency for International Development (USAID) assist communities and governments to plan, finance and deliver safe water, sanitation and hygiene services, while sustainably managing water resources.

#### **WASH in Schools Target**

**Challenge:** Rotary challenges our members to develop sustainable projects that comprehensively address the most pressing water, sanitation, hygiene and education needs in Belize, Guatemala, Honduras, India, and Kenya.

From [rotary.org](http://rotary.org)

### WATER & SANITATION MONTH

*"Without regard to whether some place is wealthy or poor, everybody should have the chance at clean air and clean water."*

Barack Obama

MARCH



## Happy Birthday Rotary!

118 years ago - on February 23, 1905, Paul Harris, a small town boy turned Chicago lawyer by way of Princeton University invited three colleagues to meet regularly with the intent to build goodwill and better friendships. They grew quickly and, in 1907, united to complete their first service project. In 1912, they expanded Rotary to become an international movement and, by 1921 expanded Rotary to six continents, building friendships that transcend political, racial and cultural boundaries so much so that by 1945 Rotary International was instrumental in the founding of the United Nations at the end of WW2.

In 1917, Rotarians created The Rotary Foundation, which today builds goodwill and better friendships by inspiring club members to identify a cause worth improving, raise money, leverage it with a foundation grant and unite to make long-term improvements in the lives of others.

And then, 69 years ago, on February 23, 1954, in our very own District, a group of children from Arsenal Elementary School in Pittsburgh, Pennsylvania, received the first injections of the new polio vaccine developed by Dr. Jonas Salk.

In 1979, with the advent of a vaccine, Rotary became the driving force to eradicate Polio, a viral disease that swept through towns around the world, creating widespread fear and killing or paralyzing over half a million people every year. We are now incredibly close to eradicating polio from the face of the earth... forever.

In celebration, today is a great day to make a birthday donation to any of The Rotary Foundation's causes: Annual Fund, Polio, Earthquake relief in Turkey/Syria, Flood relief in Pakistan, or Disaster relief in Ukraine. You can do so by visiting [rotary.org](http://rotary.org) and hitting the donation button. Or log into My Rotary and do the same.

Happy Birthday Rotary because today you and I join with 1.4 million members in nearly every region of the world to celebrate 118 years of building goodwill and better friendships.

Happy Birthday Rotary ... and many, many more!

*Marie Fallon*

Marie Fallon  
District Governor



### How Did Your Club Celebrate?

On February 23, Rotary turned 118 years old. Many clubs in our district, and around the world, found ways to celebrate another year of "Service Above Self."

The Rotary Club of Johnstown celebrated a day early by having cake for desert at their February 22 meeting (picture below).



*Rotary District 7305 invites you to attend ...*



Sunday, March 26, 2023 12-4PM  
\$80/seat before MARCH 1st \$100 After

*Blessed by Rotary*

**Lunch Buffet & Auction**  
at  
**RIVERS CASINO**



## Becoming Vibrant & Engaged

There's a difference between how we see ourselves within Rotary and how we are seen by others in our community and world. Often, there is a lack of knowledge as to who and what Rotary is. We still meet people daily that have never heard about Rotary or what we do. How can Rotary make a difference when our own neighbors don't know about us? Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers... who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

It's time to share our stories and share with others what we are doing. Challenge yourself to let someone unfamiliar know what Rotary means to you every day.

For those who do know us, Rotary is still often viewed as an exclusive "old boys' club" that lacks diversity. We need to change that perception in order to attract younger professionals. We're not old-fashioned. We need to talk about ourselves as we exist today: a modern membership organization that creates social change.

How we portray our clubs to others is exactly what we build within the club. If we want to make a difference, get out and make one! If we want to be seen, become People of Action we discuss in meetings and trainings.

No one makes a difference unless they are putting themselves out into the community they serve making an impact. What do you want Rotary to become for you? Why did you become a Rotarian?

Let's give ourselves and our clubs a reality check: are our clubs delivering on this promise? Are they vibrant and energetic... or dull and stagnant? Are your members happy and satisfied... or displeased and complacent? Maybe your club needs a few more people like the leaders you want to attract and engage. You may be the one to make changes.

Maybe the best place to start is within your own club. When is the last time you talked to your own club members? What do they want to do and who do they want to serve? What are their goals and ideas? Rotary clubs provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. Is that happening in your club? When is the last time you asked them?

Rotary members believe that we have a shared responsibility to take action on our world's most persistent

issues, working together to promote peace; fight disease; provide clean water, sanitation, and hygiene; save mothers and children; support education; grow local economies; and protect the environment. It never hurts to evaluate and reevaluate to see how you are doing with these primary concerns. Allow your members to speak AND to be heard.

Through our regular meetings and events, we should be able to discuss our community needs and creative ways to meet those needs; connect with other leaders who are changing the world; expand our leadership and professional skills; and catch up with good friends and meet new ones (fellowship). If your club members see this happening, then it's already a great start! Keeping them engaged is constant effort, to make all these things happen over and over as we fulfill our mission and goals.

You are not alone in your efforts to grow Rotary in your own corner of the world. Resources at the District level are available... just ask.

Below you will find a few of the people you can reach out to for a little help, advice, or even as guest speakers for upcoming meetings.

By Michelle Petrell

<i>Membership Chair:</i>	<i>Linda Fisher Bruce</i>	<i>412-999-6045</i>
<i>Club Development:</i>	<i>Al DeLucia</i>	<i>412-443-6701</i>
<i>Membership Engagement:</i>	<i>Michelle Petrell</i>	<i>814-244-5569</i>
<i>Innovative Club Advocates:</i>	<i>Mary Kay &amp; Gary Ford</i>	
<i>Membership Attraction:</i>	<i>Mike Wargo</i>	<i>412-526-3709</i>
<i>Rotaract &amp; Young Rotarians:</i>	<i>Matthew Burnett</i>	<i>814-591-5436</i>

# Rotary



## District 7305

80+ Clubs  
2,000+ Rotarians

# We Are Rotary

*in the Pittsburgh Region!*

Join  
**LEADERS**  
Exchange  
**IDEAS**  
Take  
**ACTION**

[rotarydistrict7305.org](http://rotarydistrict7305.org)

TOGETHER, WE SEE A WORLD WHERE PEOPLE UNITE AND TAKE ACTION TO CREATE LASTING CHANGE ACROSS THE GLOBE, IN OUR COMMUNITIES, AND IN OURSELVES.

## D7305 Membership Summit

On February 11, 117 Rotarians, joined by a few Rotaractors and Interactors, attended the District 7305 Membership Summit at the Loft Conference center in Southpointe. In all, they represented 41 of the 82 clubs in our district.

The Summit was led by Rotary Coordinator Terry Weaver. There were also activities that were planned and implemented by our District Membership Team. Attendees were also treated to a special appearance by D7545 Past District Governor Sean Sawyer talking about The Great Reset; Rethinking Your Idea of a Club.

Topics discussed were:

- Why Membership Matters
- Rotary Club Dynamics
- Attrition/Attraction
- Membership Goals Workshop
- The Great Reset: Reimagine, Reinvent, Restore, Remind
- Intentional Membership Strategies
- Innovative Club Initiative
- Attracting New Members
- Membership Leads
- Discovery Rotary Overview and Video
- Club Membership Plan
- How to Spice it up/Club Culture
- Case Study/Club Turnaround

Stephen Simpson-Hunt from the Dormont-Mt. Lebanon-Castle Shannon Rotary club stated that the Membership Summit reignited his passion for Rotary. He found the enthusiasm among the attendees for growing membership to be contagious.

He also thought that the session on “Six Failed Membership Strategies Rotary Clubs Love” was particularly eye-opening since many of the strategies seemed like logical solutions for growing membership.

The framework for developing a successful Rotary membership event was perhaps the most impactful for him and it is one thing that he will bring back to his club for consideration.

The key takeaway for Stephen was the realization that Rotary is a membership organization who's product is service. If Rotary doesn't have members, we can't provide Rotary service. Membership is everything!



Susan Miller, President and President Elect of D7305 e-club, Stephanie Sciulli (also in the e-club), and District Governor Nominee Designate Felicia Mycyk certainly seemed to enjoy the Membership Summit. One of the presentors was District Governor Nominee Dan Daugherty (above right). The day also featured presentations by DG Marie Fallon, DGE John Hartman, and DGND Felicia Mycyk. Below: Rotary Coordinator Terry Weaver leading one of the main sessions. Pictures by Joe Piszczor



The Rotary Club of Beaver recently awarded two Student of the Month certificates at a weekly club meeting.

Chloe Meyer (above right) is a senior at Beaver Area High School. She spends most of her time working at Sproutz or volunteering at First Presbyterian Church in Beaver. In her free time, she likes to draw, paint, or hang out with her friends. In the future she plans to attend Kent State University in pursuit of interior design in order to pursue her strengths in STEM fields as well as her passion in creativity and the arts. Chloe is the daughter of Christina and Shawn Meyer.

Paula McCreary (above left) is a senior at Beaver Area High School. She plays the flute in Beaver's marching band, is a helper in the school library, is a member/volunteer at the Beaver Area Heritage Foundation, and is a Sunday school kindergarten teacher. Paula plans to attend Pennsylvania State University for middle-level education. She is the daughter of Gina and Dave McCreary.

The awards were handed out by Beaver Rotarian Mirko Loncar.

## Attracting New Members

Historically, Rotary clubs have invited outside speakers to present to their membership during their regular club meetings. And while this method may still work for some clubs, our organization was looking to reimagine the speaker concept and evolve it to meet the needs of a modern, growing club.

Penn Hills Rotary is an extremely active group. Our biweekly meetings are used to plan the next big community event/project, which usually isn't too far off. What we found is that sometimes, not all members were interested in what a specific speaker had to offer. In addition, a guest speaker talking about a random subject is hard to explain to new, prospective members who may also be attending that meeting. So we sought out to create a different type of experience that would prioritize the purpose of our meetings, yet still allow meaningful guest speakers to present to Rotary.

Our solution is what we call the *Community Speaker Series*, where

we select the speaker(s) and open the event to the community. This allows the public to enjoy a night out hearing from relevant individuals or groups, grab a small bite to eat provided by our club, and most importantly, it exposes the general public to Rotary. We intend to hold this series quarterly.

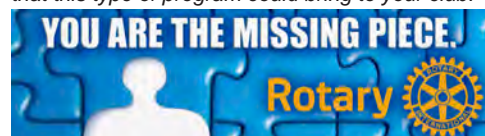
Penn Hills Rotary's first Community Speaker Series was held on Thursday, February 23, where we hosted Senator Jay Costa and County Councilman Nick Futules. The event lasted two hours, and was attended by 57 people - half of which had not been to a Rotary event previously. We provided charcuterie boards, dessert, and drinks at a local fire hall. The elected officials both did a presentation on current happenings in their districts, and then took questions from the audience. It was well-received, and we believe we will build on this for the next iteration of the series, all while continuing to expose Rotary to the community.

*Pictures and text by Tyler Tomasino, President, RC of Penn Hills*



*In an attempt to attract new members, and to increase community awareness of what their Rotary club does in their community, the Rotary Club of Penn Hills has started a "Community Speaker Series" that they open to the public. At their first event, held on February 23, about half of the 57 individuals in attendance were non-Rotarians!*

*Imagine the possibilities of membership growth that this type of program could bring to your club!*



## Sneaker Recycling Update

A round of applause!

However you have been collecting, be it cleaning out your closets, collecting at club meetings, placing collection bins in your area, working with your Interact Clubs, or any other way; we thank you! Our impact on the environment is great - Keep collecting!

Almost half of the bags handed out since July have been returned. Even so, there are still a lot of empty, unused bags out there. Let's get them filled, or returned back. If you have taken too many, or if you need additional bags, please let Marie Fallon know and she will make arrangements ([mariefallon.rotary@gmail.com](mailto:mariefallon.rotary@gmail.com)).

The sneaker recycling program's primary goal is to reduce the amount of carbon dioxide released into the environment and to save water. It has also, so far, raised over \$1,100 for our district's youth programs!

Many thanks for supporting Rotary District 7305's Youth Programming and the Environment!

We are People of Action!

**gotsneakers?**  
A Sneaker Recycling Organization

**District 7305**

**IMPACT REPORT**

**PROJECT UPDATE**

**7/1/2022 THRU 2/15/2023**

**Carbon Dioxide (CO<sub>2</sub>):**  
49,800 Pounds Displaced

**Water (H<sub>2</sub>O):**  
3,689,960 Gallons Saved

**Landfill:**  
1,660 pairs Displaced from Landfills  
135 bags



## A Rotary Foundation Update

Turkey and Syria were struck by a devastating earthquake on 6 February that has killed tens of thousands of people, destroyed thousands of homes and other structures, and left people across the region without shelter in bitterly cold winter weather.

The Rotary world responded to this catastrophe immediately. RI President Jennifer Jones activated our disaster response efforts, communicated with the affected districts, and encouraged governors in those regions to apply for disaster response grants and share information about their relief efforts so that Rotary can amplify the calls for support.

The Rotary Foundation Trustees decided that all donations made, from now until 31 March, to the Turkey/Syria Disaster Response Fund will be used to aid earthquake relief projects. In addition, the Trustees made available more than \$125,000 to Rotary districts affected by the earthquake through Disaster Response Grants.

Rotary's project partner ShelterBox also has an emergency response team assessing the needs in the region and how it can respond. That team is communicating with Rotary district leaders. Rotary's service partner Habitat for Humanity International is also working on its response. Many Rotary members are asking how they can help. Here's how to have the greatest impact:

Give to Turkey/Syria Disaster Response Fund at [my.rotary.org/en/donate](https://my.rotary.org/en/donate). Donations help clubs and districts provide aid and support rebuilding efforts where the need is greatest. The funds are distributed to affected communities through disaster response grants. The Disaster Response Fund can accept cash contributions and District Designated Funds (DDF).

Support local initiatives. As we learn about local response efforts that are being led by clubs and districts, Rotary raises awareness about how to support them. People can then support these projects by working directly with Rotary members in the region.

*From Rotary International*



When ShelterBox sends boxes, each one is tailored to the specific conditions of the region. Typically a box contains a disaster relief tent for a family, thermal blankets and groundsheets, water storage and purification equipment, solar lamps, cooking utensils, a basic tool kit, mosquito nets and children's activity pack. Graphic and text from ShelterBox

## ShelterBox Responds

ShelterBox aid has arrived in Turkey and Syria. They are focusing on the areas where the need is greatest.

Emergency Tents have arrived in Turkey on a free flight by Turkish Airlines from Panama.

A truck of aid carrying thermal blankets has crossed the border into Syria and is with a local partner, Bahar. ShelterBox officials are expecting more trucks of aid to arrive in the coming days and weeks, containing further vital supplies.

They will also be getting winter coats to children in Syria through their existing partner, ReliefAid.

This is a hugely complex humanitarian response spanning two countries. Getting aid into Türkiye and Syria is complicated but ShelterBox is determined to overcome every hurdle to make sure people get the help they need.

Our district has a long and successful history when it comes to supporting the vital work carried out by ShelterBox. Several clubs, as well as our district, have achieved the ShelterBox HERO status.

There are three HERO levels: \$1,000, \$2,000, and \$3,000 and up. For the Rotary year of 2021-2022, these were the ShelterBox HEROs in our district:

**GOLD:** Connellsville, District 7305, Greensburg, and Johnstown.

**SILVER:** Washington.

**BRONZE:** Bridgeville South Fayette, Crafton-Ingram, Dormont-Mt. Lebanon-Castle Shannon, Elizabeth, Greensburg Central Catholic High School Interact, Latrobe, Murrysville Export, Oakmont Verona, Penn Hills, Shaler Area, Somerset, Waynesburg, and West Newton.

And, for the 2022-2023 Rotary year, the following clubs have committed to being ShelterBox HEROs:

**GOLD:** The Interact Club of Greensburg Salem High School.

**SILVER:** Rotary Club of Waynesburg.

**BRONZE:** Connellsville, Ebensburg, Conemaugh Township, and North Boroughs.

If your club wants to be a ShelterBox HERO, there's still time. All you have to do is to reach out to our local ShelterBox USA Ambassador Mike Sears, who will be happy to assist you.

### Mike Sears

ShelterBox USA Ambassador  
Rotary District 7305  
[msears1234@gmail.com](mailto:msears1234@gmail.com)  
724-309-2026  
172 Ellsworth Street  
California, PA 15419

## NexTrex Plastic Recycling

At a previous Rotary club of Murrysville-Export meeting, the speaker was Karyn Brooks of Oakmont Rotary who told the club about the NexTrex Plastic Recycling project. Corporate Giant Eagle stores and Kohl's collect plastic for NexTrex.

If you want to participate in this program, you must set up an account online with NexTrex and then weigh the plastic you collect. This night the club had 27 bags of plastic weighing in at 250 pounds. Once 500 pounds is collected, you qualify for a bench made from recycled plastic. The

Murrysville-Export club anticipates that they will qualify for a bench very soon as the plastic is coming in fast and furious.

It's very important for people to know the type of plastic that is acceptable. And, in order to ensure that they only send acceptable plastic waste, members put on plastic gloves and go through the bags for a second time. They found some strange stuff...

The Rotary Club of Murrysville-Export is a member of Belgium's Rotary End Plastic Soup initiative which they joined in Hamburg at the Rotary International Convention in 2019. *Text & picture by Lane Neff*



## Our Global Grant Scholar

Alberto Pomari from Verona, Italy is currently attending Pitt Law School at the Oakland Campus. He is completing a 2<sup>nd</sup> year of studies here in Pittsburgh. He will return home to Verona Italy at the conclusion of this semester at the end of May. He will complete his studies through the University of Pittsburgh Law school, spending his final year in Europe.

Alberto plans to take the Bar Exam offered in NYC after graduation. He is considering practicing law here in the United States for a year or so before returning to Verona, Italy or the surrounding area, for a more permanent career move that includes working as a law professor as well as private practice.

Alberto's parents currently reside in Verona, Italy. His Mother is a teacher in the local school system and his Father works as an engineer. He has one older sister. She also lives in Verona, working in the medical field.

I reached out to Alberto this past summer after learning that he was connected with Rotary through our Global Grant Program and attending the University of Pittsburgh. I was fortunate to make his acquaintance in late summer of 2022 after we both returned from Italy to Pittsburgh.

Alberto has joined my family for Sunday dinners over the past several months. My adult children are similar in age and all have seemed to draw benefits from the experience. It has been a real treat. I have found Alberto to be a most respectful and family oriented young man. Alberto is highly motivated and well planned. He is a most deserving recipient of the Rotary Global Grant funds.

*By Duane Palmieri, Pittsburgh Rotary Club*



At a recent meeting, members of the Rotary Club of Murrysville-Export sorted donated plastics as part of their participation in the NexTrex recycling program. Once they collect 500 lbs. they will qualify for a park bench made of the plastics they have kept out of landfills. Present at the meeting were Andrew Ferri, Jim Olszewski, Senan Olszewski, Jeanine and Luke Kowalski, Ann Pauly, Noreen Olszewski, Werner Rankenhohn, Tony Pauly, and Gene Ciafre. Resting in front after a job well done are Abby and Jeff Kowalski.

It is important to know what can be recycled and what can not. The chart below is a very good guide showing what can be used if your club wants to sign up and participate in the NexTrex program.

**What can be recycled?**

*All plastic must be clean, dry and free of food residue.*

						
Grocery bags	Bread bags	Bubble wrap	Dry cleaning bags	Newspaper sleeves	Ice bags	Plastic shipping envelopes
						
Ziploc & other reclosable food storage bags	Cereal bags	Case overwrap	Salt bags	Pallet wrap & stretch film	Wood pellet bags	Produce bags

## Canonsburg Houston Update

The Caononsburg-Houston Southpointe Rotary Club had a special night on a Wednesday evening in early February.

They inducted a new member, Michele Horvath, and honored their latest new Paul Harris Fellow, Don Hoder. The club also made their first donation to PDG Al DeLucia's Ukraine winter project!

Michele is familiar with Rotary as she is a former Rotary Exchange Student. She spent the 1996-1997 school year at Kanto Gakuin Senior High School in Yokohama, Japan.

The PHF presented to Don Holder was his first, but hopefully not his last. Don is the President and owner of Southpointe Telecom.



In early February, PDG Al DeLucia visited the Rotary Club of Canonsburg-Houston Southpointe to do a presentation on the Ukraine winter project. At that meeting, he also had the pleasure of installing a new Rotarian; Michele Horvath. And he received a check for the Ukraine project, presented by PDG Walt Olshansky.



## Wreaths Across America

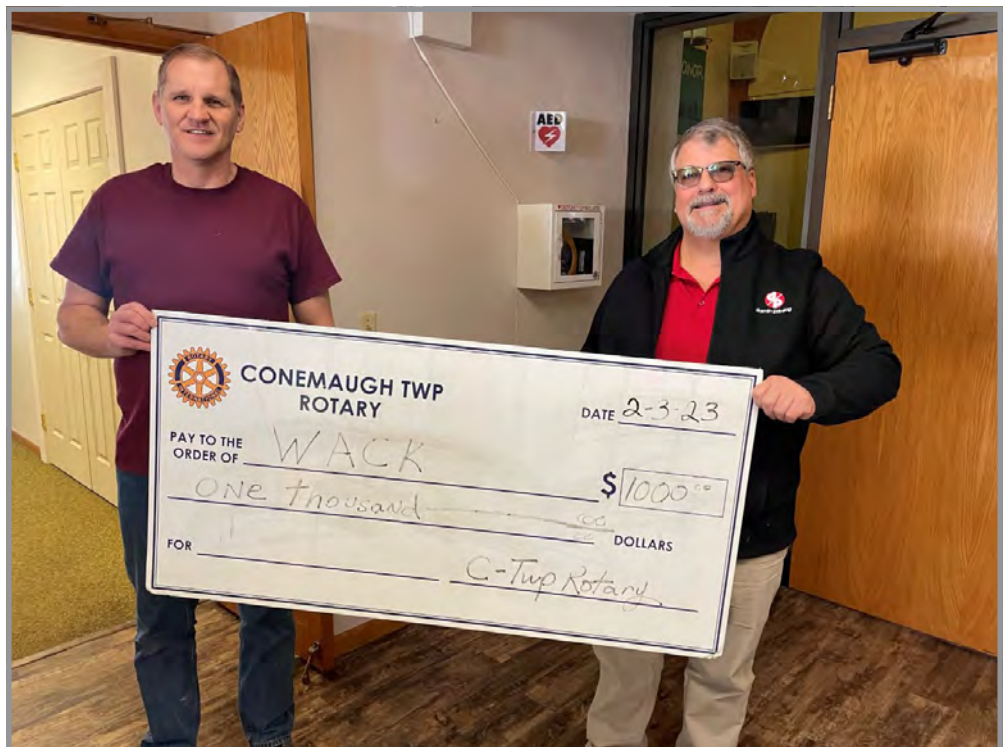
On Saturday, January 21, 2023, The Rotary Club of Bethel-St. Clair again participated in the annual wreath cleanup at the National Cemetery of the Alleghenies. Ten members, Herm Dieckmann, Dick Beck, Sam Provil, George Pitcairn and his wife, Hedy, Karen Pfeil, Marjan Marchal-Michlik, Tracy Eastabrook, Jim Heinerman, Mike Shook, and Ray Detig, braved the cold and joined about 200 volunteers to remove the wreaths that had been placed on the graves of veterans in

December, 2022.

There are over 16,000 graves at the National Cemetery in Bridgeville, PA. Volunteers used rakes, snow shovels, hockey and lacrosse sticks and carts to respectfully remove and transport each wreath to gathering points for pickup. The wreaths are not destroyed but recycled into natural habitats for wild animals and food for sanctuary and farm animals.

The Rotary Club of Bethel St. Clair also participated in the unloading of the wreaths at their delivery, prior to the wreath placement.

Picture & text by Ray Detig



The Conemaugh Township Rotary Club recently donated \$1,000 to the Winder Area Community Kitchen to help support the backpack project, WACKPacks. The WACKPacks help feed 81 Winder area Students when they are not in school. WACK spends over \$1,600 per month on this project. This donation is a direct result of the Fundraising at the Annual Rotary Basketball Tournament held each December at Windber High School.

Pictured above are Edward Rosbaugh, Director of Winder Area Community Kitchen, and Jason Kaplitz, Conemaugh Township Rotary Club President.



## Elizabeth Forward HS Fire

On Sunday, February 12, 2023, the Elizabeth Forward High School suffered a devastating fire that destroyed the auditorium. Other parts of the building experienced damage as well.

One of the largest groups to suffer during the fire, were the ARTS. The band students lost their instruments, the musical theater lost props and costumes, and the choir lost their equipment and much more.

The Elizabeth Rotary Club, Northwest Bank, and other supporting local businesses are raising donations to bring a sense of normalcy to the 2023 senior class. They are also looking into developing a longer-term contribution to the arts through scholarships and other means. We are working with the Elizabeth Forward School District to continue to uncover needs. Northwest Bank will be matching the first \$2,500 in donations.

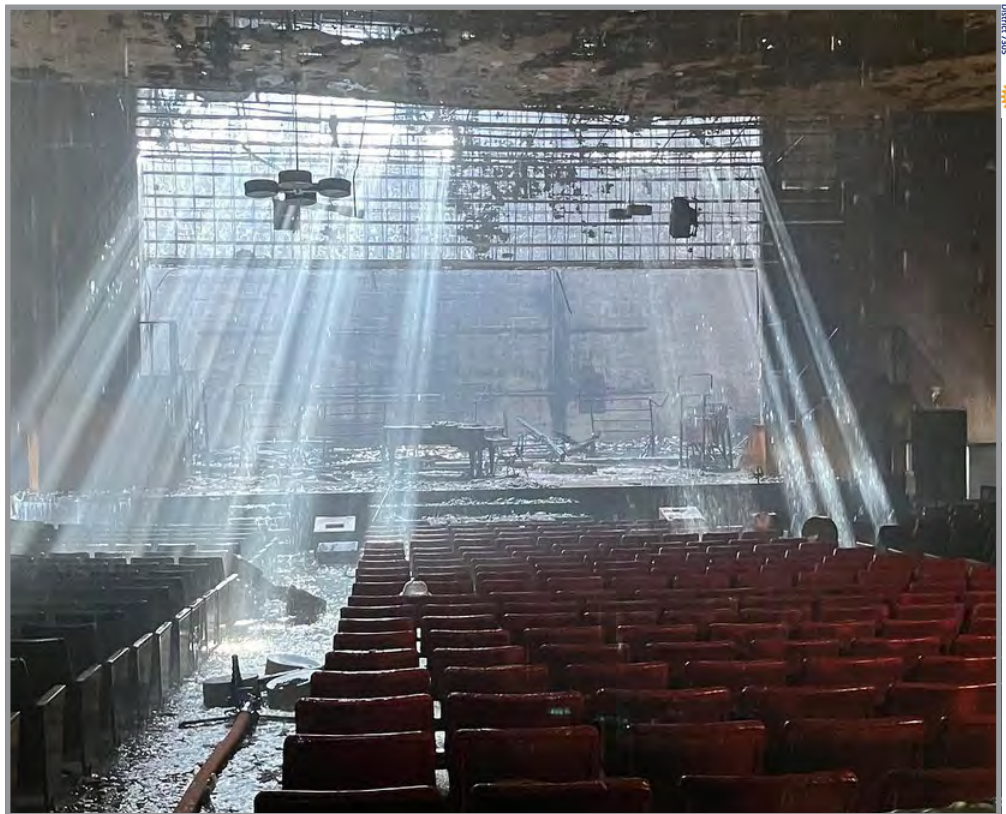
If up to this point, you've felt helpless and want to help but don't know how, this is an opportunity to contribute to a great cause and to help put a smile back on the students' faces - now and for years to come.

There are a couple of ways that you can donate:

1. Use your phone to scan the PayPal QR code below
2. Send or drop off checks at:  
Northwest Bank  
Attn: Julie Rice  
603 Scenery Dr.  
Elizabeth, PA 15037

Please make checks payable to "Elizabeth Rotary EFHS Donation Fund."

By Eric L. Ash, Elizabeth Rotary



The Rotary Club of Elizabeth is one of the organizations that are raising funds in the wake of the fire that destroyed the Elizabeth Forward High School auditorium. They are seeking to provide funds to replace instruments and other equipment that were lost in the fire. You can assist by sending a check, or by donating via the PayPal QR code below. Text by Eric Ash



### Junior Firefighters Assisted

At 6 AM on Sunday, February 12, high school sophomore Makayla Puckey woke up and went to school. She didn't grab a backpack, though. The 16-year-old Elizabeth Township junior firefighter put on her bunker gear and helped crews douse the flames at Elizabeth Forward High School. "It was definitely something I've never experienced before," Puckey said. "It was probably the biggest call I've been on. But after a while you forget about it and start thinking about how to help."

Elizabeth Township junior firefighters and EF sophomores Tyler Mudro, Maddy Bindus and Makayla Puckey helped crews put on the fire at their high school.

Text & picture by Max Robinette, Mon Valley Independent



## Pancake Breakfast

The Belle Vernon Area Rotary club resurrected our annual Shrove Tuesday Pancake Festival after a three year hiatus. This was the 59<sup>th</sup> edition of the fun fundraiser since it started back in 1961

Club members, assisted by 17 members from the Belle Vernon Area and Frazier Interact Clubs, were serving both buttermilk and/or buckwheat pancakes with a side of sausage.

The community looks forward to this event as a sign that, with Lent around the corner, spring is near. Club members also caught up with many Rotarians from neighboring clubs who stopped by for some fluffy pancakes.

Volunteers helped setting up tables, serving pancakes, cleaning the tables between guests, and stayed for clean-up after the last pancake was consumed.

All told, the club served over 400 meals netting about \$3,000. Some of the funds will be given to the two Interact Clubs for use in their projects. The rest will be used to support local libraries and to purchase items for the Closet



*The Belle Vernon Area Rotary Club's pancake breakfast is back again after a three-year break. Posing in the pancake kitchen are: Brian Pirilla, BV Club President; District Governor Marie Fallon; Ken Marsh, BVA Interact; Emma Berkley, BVA Interact; Sarah Shenouda, BVA Interact; Cindy Marr, Frazier Interact sponsor; Chris Giannamore, BV Rotary Interact coordinator; Caroline Lee, BVA Interact; Christina Dinh, BV Interact President. Manning the pancake griddle to the right is BV Rotary member Clint Manown.*

Project that both schools run. The project supplies underprivileged students with essentials such as toothbrushes, towels, and grooming products.

All Belle Vernon club members look forward to this FUNdraiser that allows them to reconnect with the community while raising money for worthwhile projects. *By Brian Pirilla*



Congratulations to all awardees and finalists. The award winners were:

- Special Recognition – Greater Pittsburgh Food Bank
- Large Business – LANXESS
- Medium Business – Rivers Agile
- Small Business – Knotzland, Ma & Pop's Country Kitchen
- Large Nonprofit – Global Links
- Small Nonprofit – Horses with Hope

The all-volunteer effort benefits the "City of Champions Emergency Fund" through the Pittsburgh Rotary Club Foundation (501(c)3) and service projects within our community. The fund eliminates barriers to success for people in need supporting education and life sustaining jobs. More information is available via our website at:

[pittsburghexcellenceinethics.org](http://pittsburghexcellenceinethics.org).

Building on the success of this year's luncheon, please stay tuned and consider supporting the 2023 PEEA Luncheon in February 2024.

*By Robin Zoufalik*



## Excellence in Ethics Awards

The Pittsburgh Excellence in Ethics Awards (PEEA) presented by Southwest PA Rotarians along with our Presenting Sponsor - UPMC Health Plan - and event partners Allegheny Conference on Community Development, Pitt Institute of Entrepreneurial Excellence, and Pittsburgh Business Exchange, were held February 8 at the Omni William Penn Hotel.

The successful relaunch of the PEEA Luncheon, a large gathering

of business and nonprofit leaders, celebrated ethical behavior and civic engagement in a diverse group of organizations in our region. We were joined by business, nonprofit, and Rotary leaders including District 7305 Governor, Marie Fallon, PDG Tom Fallon, Linda Fischer Bruce, and Singh Ajmani along with other notable D7305 Rotarians: Robin Zoufalik, PEEA Chair, Babs Sefiane, President, Jim Emmerling, Past President, and George Robinson II, President Elect.



The Pittsburgh East Rotary Club along with Ily, their Rotary Youth Exchange student from Thailand, volunteered at Global Links for a blue-bag sort! Global Links' Blue Bag Program allows hospitals and health care facilities an easy way to donate unused supplies from a unit or a floor. Supplies are then collected by Global Links on a regular basis and are then sorted, packed, and sent to those in need. For more information, go to [globallinks.org](http://globallinks.org) By Marie Fallon

### **Newsletter Materials:**

*If you have text and pictures from an event or project that your club has arranged or participated in, please send your text as a Word document, or as plain text in an email.*

*Pictures should be sent as single picture files in the png, jpg, or pdf format.*

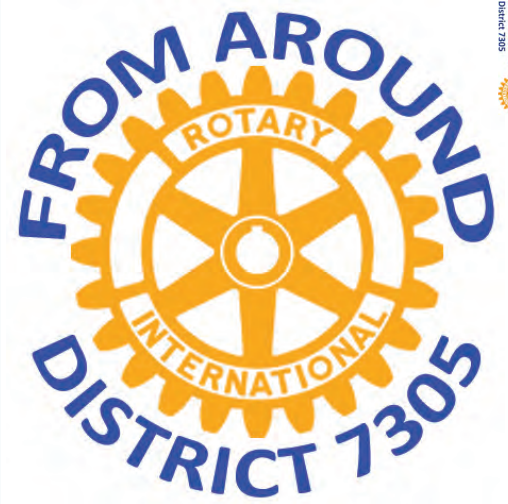
### **Bulletin Board Materials:**

*If you want to promote an upcoming event or project that your club is putting on, please send a completed US Letter sized flyer (8.5" by 11") as a pdf, jpg, or png file.*

*If that's not an option, I can usually work with a flyer created in Word.*



At their weekly meeting on February 23, the Rotary Club of Brownsville had the pleasure of honoring Kami Franks as their Brownsville Area High School February Student of the Month. The award was presented by Rotarian Jane Bock.



### **Veterans Dinner**

On February 8, 2023, The Rotary Club of Murrysville-Export sponsored the entertainment for a Veterans Dinner at the Lamplighter where over 150 veterans with spouses attended.

A while back, Marianne Caruso presented a program at a Murrysville-Export weekly meeting, telling them about her veterans dinners. Currently, she has sponsored 29 such dinners. She started when her father and friends wanted a night out of their 'retirement homes'. The club members were impressed and wanted to help.

At the February dinner at the Lamplighter, the club paid the fee for the entertainment: a Red Skeleton impersonator that came all the way from Pigeon Forge, TN.

Several club members attended the dinner and heard nothing but positive comments about the program.

Picture & text by Lane Neff



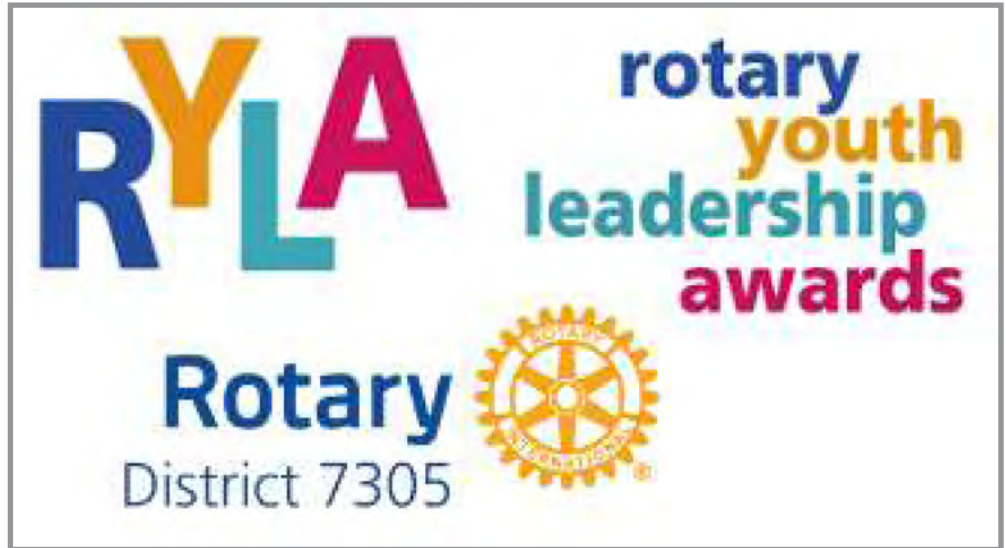
## It's RYLA Time Again!

RYLA is short for Rotary Youth Leadership Awards. And Rotary District 7305 doesn't have one, but two chances to participate in this inspirational and educational program.

As you surely know, Rotary is an international organization with over 1.4 million community members worldwide, working to make the world a better place through networking and by organizing and carrying out service projects.

Rotary is also committed to youth and youth development. As part of this commitment, Rotary District 7305 offers two options for the summer RYLA program. RYLA is a week-long immersing camp which provides opportunities for team building, leadership development, service, moral and ethical identification, personal development, and problem solving. The two tracks are very different in approach, but similar in outcome. Regardless of which track a student chooses, they get to attend the program of their choice on a full scholarship provided by a local Rotary club.

The La Roche track is set at the university in Pittsburgh, PA. Utilizing the campus facilities, participants



*The Rotary Youth Leadership Awards (RYLA), is a program that provides high school students with invaluable leadership skills. Below right: RYLA Outdoor Odyssey participants from a previous year.*

grow as a team, as well as critically challenge their strengths and skills through workshops, projects, service projects, and social activities. Rising high school juniors and seniors are encouraged to apply to RYLA at La Roche.

The Outdoor Odyssey track is set in the beautiful mountains of Boswell, PA. Surrounded by nature, participants hone their decision making skills through practical applications while growing as a team. All high school aged students are welcome to apply to Outdoor Odyssey.

The students who participate in RYLA are the NOW of Rotary!

If you know of any interested students, please direct them to: [www.ryla7305.org](http://www.ryla7305.org) where they can access the applications.

As mentioned above, the students receive a full scholarship from a local Rotary club. If your club would like to sponsor one or more students, please use the sponsorship form found in this month's issue of The Bulletin Board.

**D7305 is in search of host families for 2023-2024 school year**

**Rotary**  
YOUTH EXCHANGE



For more information contact:  
Wayne Skelley, RYE Chair 412-822-8420  
[kidzilv@gmail.com](mailto:kidzilv@gmail.com)



***RYLA 2023***  
*RYLA LaRoche University*  
*June 18 thru June 23*  
*RYLA Outdoor Odyssey*  
*June 25 thru June 30*

**Rotary District 7305**  
 P.O. Box 44305, Pittsburgh PA 15205  
 District Secretary: Sandra Rebholz  
 District Office: 412-429-7305  
 district.secretary@rotarydistrict7305.org  
 Visit us on Facebook  
 www.rotarydistrict7305.org

**POLIO IN NUMBERS**  
 Wild virus confirmed cases in 2023  
 Global Total: 0 (1\*)  
 Wild virus detected from other sources in 2023  
 Global Total: 11 (66\*\*)  
 As of February 21, 2023  
 \* Total on the same date in 2022  
 \*\* Total for all of 2022

**Rotary's Four Way Test**  
 Of the things we think, say or do:

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it build **goodwill** and **better friendships**?
4. Will it be **beneficial** to all concerned?

**Post Polio Syndrome**

Polio has been around since ancient times. The Egyptian tomb painting on the right shows a man with a withered leg unable to bear weight without use of a walking stick. This means that most muscle fibers are replaced with scarring (muscle-wasting) that is permanent.

If someone had polio as a child or young adult but had kept or recovered some or all movement of weakened arms or legs, even to the point of being athletic afterward, they can become weaker in late adulthood. That is post-polio syndrome (PPS), a condition that can affect polio survivors decades after they recover from their initial poliovirus infection. Some PPS patients become wheelchair-bound when they had not been before.

PPS is believed to be the result of a deterioration of nerve cells called motor neurons over many years that leads to loss of muscle strength and dysfunction. It affects between 25 and 40 out of every 100 polio survivors. Starting about 15 to 40 years after the initial infection, people affected by PPS can begin experiencing a set of health problems.

Polio and post-polio syndrome are caused by poliovirus. However, unlike polio, PPS is not contagious. Only a polio survivor can develop PPS, yet not everyone who survives polio will develop PPS.

Symptoms of PPS include:

- Slowly progressive muscle weakness
  - Fatigue
  - A gradual decrease in the size of muscles (muscle atrophy)
  - Loss of muscle function
  - Pain from joint degeneration
  - Increasing skeletal issues such as curvature of the spine (scoliosis)
- Most often, polio survivors start



This ancient Egyptian tomb painting depicts a man with one leg crippled by polio. Photo by CDC

to experience gradual weakening in muscles that were previously affected by the polio infection. Some people may have minor symptoms while others develop visible muscle weakness and atrophy (wasting away). A person who was more acutely affected by polio and who had a longer recovery may experience a more severe case of PPS.

PPS is rarely life-threatening, but the symptoms can significantly interfere with a person's ability to function independently. Respiratory muscle weakness, for instance, can result in trouble with proper breathing, affecting daytime functions and sleep. Weakness in the swallowing muscles can result in food or liquids entering the airway or lungs and lead to pneumonia.

There are no laboratory or diagnostic tests for PPS. Physicians diagnose the condition after completing a comprehensive medical history and physical examination, and by excluding other disorders that might explain the symptoms.

There are currently no effective treatments that can stop deterioration or reverse the deficits caused by the syndrome itself, but exercise, mobility aids, and in some cases, breathing assistance may help with some of the symptoms of PPS. Lifestyle changes, such as weight control, the use of assistive devices, getting proper sleep, maintaining a well-balanced diet, and taking certain anti-inflammatory medications may help with some of the symptoms of PPS.

Text from CDC and National Institute of Neurological Disorders and Stroke. Graphic below by XpertDox

**POST-POLIO SYNDROME**

- New **muscle weakness** occurring >15 years after symptomatic poliomyelitis
- Causative agent is the polio virus but the syndrome is not contagious
- Polio has now been eradicated from the US & most of the world
- No known measures for prevention are available at the moment
- Symptoms include **muscle weakness**
- Diagnosed by clinical evaluation
- Similar presentation to **Lou Gehrig's disease** or **Multiple Sclerosis**
- No effective **treatment** available
- Immunoglobulins & lamotrigine can be tried in some patients
- Complications include **respiratory failure**

# SAVE THE DATE



## SAVE THE DATE – MARCH 3-5

**PETS PRESIDENT ELECT TRAINING SEMINAR  
PENN STATER, STATE COLLEGE, PA**



## SAVE THE DATE – MARCH 26

**THE ROTARY FOUNDATION LUNCHEON  
RIVERS CASINO**



## SAVE THE DATE – APRIL 29

**DISTRICT ASSEMBLY FOR DGE JOHN HARTMAN  
DETAILS FORTHCOMING**



## SAVE THE DATE – JUNE 23-25

**DISTRICT 7305 CONFERENCE  
STATION SQUARE**



## SAVE THE DATE – RYLA IN JUNE

**RYLA LAROCHE - JUNE 18 THRU JUNE 23.  
RYLA OUTDOOR ODYSSEY JUNE 25 THRU JUNE 30. BOSWELL, PA**



## SAVE THE DATE – AUGUST 7

**DISTRICT GOLF OUTING  
INTRODUCING DG JOHN HARTMAN  
WESTMORELAND COUNTRY CLUB**

