

June 10, 2025

President Bill Pfeifer called the meeting to order & led us in the Pledge of Allegiance

Rod Booker – God Bless America

Al Lazar - Invocation

Mark Barnhart – Attendance was 28 members plus our speaker, one visiting Rotarian Deb Puglia with Michael Rozell, one visitor Michelle DelBene with Amy Hood and our Spelling Bee Winner and her family.

Happy Bucks- Ed Nemanic (\$57 was collected)

Paul Harris Fellow Awards were presented to Annie Urban and Debbie King.

TODAY'S PROGRAM:



Annie Urban introduced our speaker, Pamela Wolff with OsteoStrong. Pamela spoke to us about the 5 Keys to Building your Healthspan. These include 1. Social connection and purpose 2. Nutrition for longevity 3. Sleep and Recovery 4. Mental Flexibility & Lifelong Learning and 5. Musculoskeletal Strength and Stability.



In addition, she had all of us try a little test to check our balance. She had us stand on one foot for 10 seconds. This was followed up by another 10 seconds but while looking up and then finally with our eyes closed. I don't believe many of us lasting the entire 30 seconds 😊

CLUB ANNOUNCEMENTS:

REMEMBER THAT NEXT WEEK WE WILL BE MEETING AT THE UNIVERSITY OF PITTSBURGH AT GREENSBURG IN CHAMBERS HALL!!!!

Debby King introduced our Spelling Bee winner, Riley Beckett and her family. She received an Ipad mini from our club. Additionally, she also took home the championship at the District Conference this past weekend in Seven Springs! She will continue to represent our club in the Christmas Parade 😊



Debby King and Annie Urban were presented with Paul Harris Awards today. Congratulations ladies.

Belle Vernon Rotary is involved with the Duck Races at the Regatta on the Yough. Deb Puglia offered our club the opportunity to sponsor a duck for \$75 each. The winning duck will win 50% of the proceeds for the race. We sponsored our "duck" with Happy Bucks!!!

National Day of Joy 6-25-25 at the Cardinal Coffee Roasters 7:30 – 1:00pm

June 13 – Museum of Art will be opening their Art Maze

June 13 – YMCA will be having a block party. Visit downtown for a lot of fun activities

