

S P R O C K E T

"SERVICE ABOVE SELF"

Award Winning Internationally Read Bulletin of the Carnegie Rotary Club Editor: John T. Mendenhall, Jr.

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SIP FOR HUNGER UPDATE

The Carnegie-Collier Rotary Club and the Wine Tasting Committee are in full swing for the upcoming 1st Annual Wine Tasting Extravaganza called "SIP FOR HUNGER" (Supporting Important Projects like the Meal Fights Hunger and other local hunger programs). The Event will be held at Nevillewood on Friday, June 11th with a VIP wine tasting/educational event from 6:30 to 7:30 pm followed by the Grand Tasting Party from 7:30 to 9:30 pm. Tickets for the VIP event are \$100.00 and is limited to 75 participants (SOLD OUT!!!). The Grand Tasting Only ticket is \$50.00. Hors d'oeuvres and desserts will be served as well as wine samples. There will be musical entertainment as well. The event is being run through the District 7300 Rotary Foundation Corp. for corporate tax exempt status so checks for tickets MUST be written to District 7300 Rotary Foundation Corporation and *not* Carnegie-Collier Rotary. Remember, no reservation is confirmed until the check is in hand. The committee is planning a Silent Auction that evening to include some premium wine offerings and one basket with wine-related goodies but not wine itself. Donations of wine or money for the wine or wine-related goodies is appreciated. Contact Bonnie Smith, Kay Phanse, or Ruth Forsyth. Advertising and sponsorships have a cut off date of June 1st so only a few days left for that aspect of the event. You may purchase your tickets through the Lunch Fund if you wish but you must let John Mendenhall know how many and how much ASAP so it can show up on June's Lunch Fund Bill.

Our program today was **Suzanne Masartis** from the American Liver Foundation who gave a presentation on liver disease and its effects on all of us. Did you know that the liver is the 2nd largest organ in your body, that it weighs 2-5 pounds and is roughly football shaped. It is located under your rib cage on the right side. The liver performs many jobs including converting food into nutrients and stored energy, it detoxifies substances that are harmful to the body, processes the medications we take, stores vitamins, minerals, and sugars, and makes bile which is essential for the digestion of fat. There are over 100 liver diseases and it as a whole is one of the Top 10 causes of death in the USA. The primary liver diseases are Hepatitis A, B, C, fatty liver disease, and alcohol-related liver disease all leading to Cirrhosis or scarring of liver cells due to long standing diseases of the liver. 26,000 Americans die of cirrhosis each year. A liver transplant is appropriate treatment for end stage cirrhosis. There are 17,000 Americans on the waiting list for a liver transplant with 6,500 of them being done each year. They have an over 70% success rate. The key to a health liver is a health diet, normal weight, no smoking, no illegal drugs, take medications with the understanding that your liver may be effected by them, and drink in moderation (don't drink if your liver is diseased). Thank you **Suzanne** for an interesting program and some great handouts!

Announcements:



John Mendenhall handed out Carnegie-Collier Rotary Club Foundation Scholarship applications last week to a number of Rotarians, who have volunteered to read the 9 applications, evaluate them, and return the evaluation forms to him. Today re received 6 of them back. We need them returned ASAP so that a winner can be determined and notified. Today we honored our 2010 James "Red" Miley Memorial Scholarship Continuation to **Cara Mazzarini**, Chartiers Valley graduate who just finished her sophomore year at Villanova University. She is carrying a 3.5 QPA in Mechanical Engineering and was visiting today because her summer internship with Exelon Nuclear starts Monday in New Jersey and she will not be able to attend the President's Dinner. **Foundation President John Mendenhall** and **Foundation Treasurer Gordon Giffin** presented **Cara** with her certificate and her \$1,000.00 scholarship check for 2010. We are sure to see **Cara** again



May: Relay For Life Month

President Diane L. Karcz

RI 2009-2010 Theme

next year as her continuation scholarship completes its 4 year run. Congratulations!!!

And in case you missed his recent e-mail, Incoming President Ted Katz is requesting that all current committee members, especially the committee chairs that served during Diane Karcz's year consider doing the same job during Ted's 2010-2011 Rotary Year. To this end, please let him know, (e-mail address is ted15241@msn.com) that you are willing to serve again or if you would like to resign your current position. Ted needs to form his committees (his officers and board members were elected in December, 2009) so that he can begin to plan his 2010-11 Rotary year! Within a few weeks Ted will hold a meeting with his board and officers, and any committee people who wish to attend to present his 2010-11 budget and give some direction to his upcoming year. Announcements of the date and location of this meeting will be announced when known!

Sue Kelly sent around a sign up sheet for the President's Dinner to be held on Thursday night, June 17th starting at 6:30 PM at Nevillewood. The dinner is free for each Rotarian and 1 guest. If you sign up and can't make it but don't let Sue know in time, you will get charged for the meal. The choices are sliced tenderloin of beef or baked stuffed chicken breast. This evening we will be honoring our current president Diane Karcz on her completion of such a great year, recognizing the new officers for 2010-11, awarding our Carnegie-Collier Rotary Club Scholars, and other attractions. Don't miss it.

Even though the rain over the last weekend forced the move of the Relay for Life into the gym at Carlynton High School, Curt Henry lead the team to contribute to the event as best as he, Sue Kelly, Debbie & Gordon Giffin, Marci Petkovich, and all the other's that participated. From past experience, when the weather is bad and they event is forced indoors, the success is drastically reduced. But you can't do anything about the weather, you just go with the flow. Curt said that we had donations at the event itself of \$185.00. A more accurate number of our club's donations will be announced and printed in the Sprocket as soon as it is known. Thanks to everyone who contributed and/or volunteered time at the event. Hopefully next year the skies will cooperate!

Visiting Rotarians:

None

Guests:

- Amy Kuten with Diane Karcz
Sam Oke with Charles Oke
Rick Castro with Rich Meyer
Carnegie Foundation Scholar Cara Mazzarini with the

Club

You Were Missed:

- Jack Abriola, Andrew Clark, Ray Dodd, Kay Downey-Clarke, Jeremy Guthrie, Rick Hess, Ray Losego, Mary Ann Paff,

Marci Petkovich, Bob Schuler, Bonnie Smith, Mark Tamilia, Jeff Tindall, Judi Van Balen, Adrian Van Balen, & Ollie Weiss PLEASE BRING IN THOSE MAKE UPS!!!

Make-Ups:

Fred Jackson at Dormont-Mt. Lebanon-Castle Shannon Rotary Club - 5/24

Birthdays in May:

- Jack Abriola - 5/6/55 (55 years old)
George Adams - 5/10/24 (86 years old)
Judi Van Balen - 5/27/55 (55 years old)
Bonnie Smith - 5/27/66 (44 years old)

Rotary Anniversary in May:

- Ray Losego - 5/11/99 (11 years)
Adrian Van Balen - 5/25/66 (44 years)
John Mendenhall - 5/25/81 (29 years)

Wedding Anniversary in May:

- Rick & Ruth Ann Hess - 5/5/00 (10 years)
Dana & Susan Craig - 5/7/03 (7 years)
Larry & Cindy Wind - 5/15/76 (34 years)
John & Janet Mendenhall - 5/20/78 (32 years)

Future Greeters -

- June 3 - Katz, Kelly
June 10 - Kientz, LaBruna
June 17 - No Meeting, President's Dinner

The 50-50 Raffle:
Week 16: Sue Kelly won and pulled a TEN winning \$10.00. The Kitty got \$17.00. The Pot is \$302.00 with 35 cards left plus the Joker!

GREETERS (& 50/50 Ticket Sellers)
NEXT MEETING:
Ted Katz
Sue Kelly

Calendar of Events -

- May 30 - Carnegie Memorial Day Parade
June 11 - Wine Tasting Fund Raiser, Nevillewood

Country Club

- June 17 - President's Dinner at Nevillewood
June 20-23 - RI Conference, Montreal Canada
July 12 - Collier Township Hall of Flame Golf

Outing to support the local firefighters

Future Programs -
June 3 - Club Assembly
June 10 - Joint Meeting at Green Tree Rotary, 8th floor, Best Western Hotel at Parkway Center
June 17 - President's Dinner, NO regular meeting